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FREE OBSERVATIONS
ON THE
SCURVY, GOUT, DIET,
AND
REMEDY.

[Price Two Shillings.]

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R. E. M. E. D. Y.

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SCURVY, GOUT, DIET,

AND

R E M E D Y.

BY

FRANCIS SPILSBURY, CHYMIST,

SOHO-SQUARE, LONDON.

THE THIRD EDITION.

Judge for Yourself.

ROCHESTER: PRINTED BY T. FISHER.

SOLD BY G. AND T. WILKIE, No. 71, ST. PAUL'S CHURCH-YARD,
LONDON.

M DCC LXXXIV.

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W. B. L. 1831.

From the LONDON MAGAZINE*.

Free Observations on the Scurvy, Gout, Diet, and Remedy. Remarks on Air, Exercise, the Bath, and other Medicinal Waters, are interspersed. By FRANCIS SPILSBURY, Chymist. 8vo. WILKIE.

"INDEPENDENT of the particular view of recommending
"his Specific for the Cure of the Scurvy, Mr. SPILSBURY'S
"Pamphlet may be considered as a very useful publication; for
"he gives the Public a great deal of medical advice for a trifling
"fee. His observations are judicious, and his advice founded
"upon true medical principles. He states a remarkable difference
"between the Sea and the Land Scurvy: the first is contagious, and rapid in its progress; the last is never communicated by one person to another, and is slow in its advances—
"which occasions its being too long neglected. We have a new
"hypothesis advanced by Mr. SPILSBURY, which requires the
"investigation of the Faculty—more especially, as he contradicts the opinions of eminent physicians now living, and of
"celebrated medical writers of former times. He takes great
"pains to prove that *salted* meats do not cause or promote the
"Scurvy, either at sea or on land. To indolence, and want of
"air, exercise, and cheerful amusement, taken in moderation,
"he ascribes long confinement with the Gout, chalk-stones, and
"contracted sinews.

"All the passions carried to excess bring on formidable diseases. Fear, terror, and sadness, produce Scurvy in a high degree.

"The small-pox, taken by inoculation, leaves the body liable to the Scurvy, if proper care is not taken to purify the blood.

* See September 1780, pages 430 and 431.

" The use of cathartics and diaphoretics, for the cure of the
 " Scurvy, he explodes. Vegetable diet he allows to be an infal-
 " lible remedy for the Sea Scurvy, but not for the Land. Gar-
 " den scurvy-grass, water-creffes, horse-radish, and all of the
 " hot, sharp class of antiscorbutics, he condemns, on the au-
 " thority of Dr. WILLIS, a celebrated Physician of the last
 " century; also warm bathing, especially in sulphureous waters.
 " These are his principal medical aphorisms on the subject of a
 " disease, which, it is said, few Englishmen escape.
 " Upon the Gout, his observations are extensive, and contro-
 " vert the opinions and practice of celebrated Physicians. He
 " prohibits the use of Madeira wine, or spicy libations, which
 " are sometimes joined with opiates and purgatives, to expel the
 " Gout from the stomach. With respect to the article of Diet,
 " the grand regulator of the health of man, he lays down some
 " general rules, which cannot fail of being useful, especially to
 " valetudinarians. His remarks on *Punch* and *Tea* are so inge-
 " nious, and of such general concern, that they will be given at
 " large in our next Magazine. The indiscriminate prohibition
 " of butter, bacon, and fat meats, by most of the Faculty, Mr.
 " SPILSBURY condemns, and insists that they are as proper for
 " some constitutions as they are prejudicial to others. The ge-
 " neral rule is, temperance in diet, and it ought to be varied:
 " he therefore recommends an extensive rather than a confined
 " diet.
 " The Observations on his own Remedy for the Scurvy, Gout,
 " &c. and the Appendix, containing the Cases of persons cured
 " by it, do not fall within our province, as they partake more
 " of the nature of advertisements than literary productions."

TO THE AFFLICTED.

HONoured as I am by you in application both personal and epistolary, I should think myself chargeable with ingratitude, if I did not embrace this opportunity to acknowledge the esteem and friendship I bear to the Afflicted Part of the Community, who, by innumerable favours, have so generously distinguished the Author of a performance, which is now submitted to your inspection in another Edition. Whatever faults, whatever different opinions may appear to you, I cannot ascertain. Dictated by experience, unbiaſſed by Interest, after considering attentively the melancholy distress occasioned by the Scurvy and the Gout, and finding Patients in general adopt many erroneous notions relative thereto, as also on Diet, I have given my sentiments freely on these matters, which I conceived necessary for you to be acquainted with; an observance of which, I trust, will add much either in preventing or softening those griefs which now agitate your minds. On this, and all other occasions, I beg to subscribe myself

The Afflicted

and the Public's

devoted Servant,

Soho-Square,
London.

FR. SPILSBURY.

TO THE AFFLICTED.

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OBSERVATIONS

ON THE

SCUAVVY.

SECT. I.

HOW little concern does the sound of any given appellation, which implies dread, create in us, when viewed at a distance! Such is the effect on persons who are unacquainted with the various extensive powers of the Scuavv, in harassing the human species; whilst to those who have been conversant with individuals labouring under this evil, the repetition of the word recalls the bitter disquietudes occasioned by this relentless harpy. It is a disease not so painful or destructive as some other maladies, which are entered in the black scroll of our weekly bills of mortality, but in other points more vexatious. Its characteristic consists in irritating, and exposing blemishes, often not in the power of the sufferer either to conceal or remedy; so that peace is ever on the aspen wing to make way for despondency, whose interest is increased by the records of the little success attending the indefatigable applications of the

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ancient

ancient physicians; nor can the modern ones, by their prescriptions, in point of efficacy, claim a confidence we have a right to expect;—so difficult of cure are eruptions, apparently no deeper than the skin! Formerly, these mysterious ills were considered as punishments inflicted on heinous aggressors, suffering under the immediate sentence of an offended Deity. Whatever justifiable reasons we have in assenting to the testimony of the Mosaic account of those awful events at that period of time, we have now the comfort to think otherwise, and to behold these flaws in a physical view, springing up from natural or accidental causes, which are to be palliated, in many wonderful instances eradicated. Perhaps a greater number of cures would grace our triumph, did not our own inconsiderateness throw stumbling-blocks in the way, raised by envy, supported by prejudice, owing to the antipathy man has, of seeing, or hearing, a fellow being superior to him, in any action that is commendable; which is one reason why we are so lavish in praise of the dead, who are no longer able to eclipse us in our pursuits, nor shade us from the pinnacle of vanity, on which we wish to erect our standard.

There are other introductory remarks frequently made, relative to scorbutic disorders; one in particular, *viz. that every person has the seeds of this complaint in their blood*; therefore, at one time or other, they are to expect to feel the lash of this tormentor; an adage which we wish to obliterate from our imagination, because daily experience will convince us, many persons go through life without any scorbutic symptoms attending them worth notice; and by such prognostics, it renders our situation
in

to life similar to that idea produced by the fear of the small-pox. One reason may be suggested why this remark is so often introduced in conversation, is, as if by such remark it would apologize for the infection, or, at least, prevent others from exulting, that in the present moment they are exempt: therefore, this expression is only an explanation of what has been told a *thousand times*, and experienced by millions of the human race, that we are subject to infirmities and death, from which no mode of living, however cautious or temperate, will afford a security against these casualties, or rather fatal lot, which neither excepts the prince who inhabits the palace, or the labourer who sleeps in a cottage. If we carry our enquiries further, in surveying more attentively our frame, we shall find less cause for being surprized at the many devastations we are liable to, as at the wonderful continuance of our existence for a number of years. A structure so fabricated as ours, displays the power of the Creator in irresistible colours, to doubt his Omnipotence: for what less than an infinite, omniscient Being could construct so astonishing a piece of mechanism, ever to be admired, though past comprehension? Whether we consider the innumerable, imperceptible atoms, or the exact symmetry of parts, with their distinct offices, so intimately framed and blended as to constitute one body, wherein is contained a living principle, thirsting after immortality, endued with sublime affections, which at one time reign triumphant, exalting it to a God; at another season, as discordant passions take place, which debase and mar the beauty of the whole. Therefore, if the animal œconomy is disturbed by any natural exertion of the various passions,

which serve and act as so many springs to move and keep the body in a proper equilibrium; or if any of its parts be injured, either by outward accidents, or inward oppressions, it is evident how easily a vehicle thus situated, is endangered by every little shock or vicissitude it meets with in its peregrination: therefore, we, who cannot always controul the mental faculties, the digestive power of the stomach and bowels, the circulation of the fluids, which pervade all the various minute recesses of the human body, must submit to the grievances occasioned by the interruption or the velocity of either; and those indispositions termed SCURVY or GOUT, on due consideration, may, with propriety, be pronounced the result of certain causes, founded on accidental or acquired indisposition, intemperance, or inactivity.

To facilitate the cure in scorbutic affections, to attain juster ideas than those which have been explained in former dissertations, relative to the cause of the Scurvy, it will be a meritorious act to insist on a free discussion, as the first preliminary article, independent of any established maxims already received, however venerable for antiquity, or their being patronised by authors; whose names sanctify the continuance of adopted medicines, hitherto so universally countenanced, as to intimidate the daring adventurer from exacting a scrutiny. To investigate with candour those favourable *recipes*, is a duty indispensable; to reject popular schemes, that have neither reason nor experience for their basis, is equally prudent. These determinations, properly pursued, will certify what degrees of difference are due to general sentiments, which have so long tyrannized over our fettered minds. With
all

all our sagacious discernments, we shall not be able to elucidate every axiom the timorous, the inquisitive patient shall suggest. One certain advantage will accrue from these speculations, if founded on truth, viz. a clearer conception of the cause, distinctions, variations, powers, of this evil genius, peradventure, what is most desirable, his antidote. In our comments on a matter so complicated, we do not think it necessary to follow the argument, or arrange our discourse strictly methodical on each subject, but occasionally insert them as they arise in our imagination. To impeach some principal errors generally pursued in the hackneyed road of opinion, be our first object; for whilst they remain unexploded, it is not possible to gain a competent knowledge to avert the impending storm, which awes the wrestler on this stage of uncertainty.

Of all the unfavourable circumstances which have bewildered our judgments, not one is represented to our view in a more conspicuous light than the following demonstrative evidence, wherein two disorders, different in their cause, symptoms, and effects, should be classed as one disease, on account of the similitude of their sound or appellation. These scorbutic complaints on land, being subject to scurf or scurfs, have, in time, generated from the word Scurfy to Scurvy, by the changing of the letter *f* into a *v*; but cannot be considered on this account as identical alike, any more than two sisters who agree in name, but whose habits, dispositions, and qualifications, terminate in opposite pursuits: hence originated the multiplicity of ill-judgment conceits concerning

cerning their unity, as will appear by contrasting the SEA and LAND SCURVY, in a few concise remarks.

At SEA, the cause of the SCURVY is an accidental one, arising from particular incidents, peculiar to those who are immured in a ship, or in a besieged place, where dire necessity demands the sacrifice of unwholesome food, a change of cloaths denied. Ill-fated situation! even nature's grand preservative, a free circulation of air, is locked out! Hence the putrid smell, sad harbinger of epidemic, scorbutic woe!

On LAND, to whom does the lot fall to be ensnared by the Scurvy? frequently the rich, whose ability is equal to their wealth in commanding the redundances of life. At their mansion, ease and festivity are often seen to reign. The air, in plenteous streams, ventilates the spacious dome, where the household gods so placed, —rejoice.

The SEA SCURVY is generally uniform in his prognosticks: the healthy and the strong soon yield to the mighty destroyer, whose property in contaminating others, is fearfully rapid, menacing destruction to all lodged under the same inhospitable roof.

Not so the LAND: here the Scurvy's wide domain is different; no consistency marks his way; tardy in his approaches; now flatters the patient with signs of retirement; then, seemingly unprovoked, returns with accumulated strength, to aggravate the more; fickle as the weather; wayward as our constitutions, which, like the mariner's compass, are ever on the traverse.

Plenty

Plenty of acids, provisions properly cured, cleanliness practised on board of ship, are charms which seldom fail keeping the Scurvy at a distance.

On Land, what a contrast!—Not all the endeavours of art can keep the malicious Sprite away, any more than we can presume to banish weakness, sudden frights, with other jarring inconveniences, constant attendants of fluctuating passions, joined to decaying machines.

In the department relative to the cure of these plagues, the most essential difference is displayed: when the distressed voyager arrives on land, we proceed on experienced successful rules, to unrivet the victim's galling chain.

Alas! at Land, although great cures, first cousin to miracles, are performed daily, in scorbutic cases, sufficient to flatter restoration to all who come under that predicament; yet numbers, from some hidden cause, remain striking monuments of the imbecility of human sagacity; which clearly demonstrate, the thorn that wounds must be of different growth!

In reviewing each of their effects on the human body, we should be on our guard, that appearances do not deceive us into a hasty verdict, because a few features may resemble one another.

"The SEA SCURVY begins with a change of colour
 "in the face; from the natural and usual look, to a
 "pale, tawny, bloated complexion, with a spontaneous
 "weariness, an aversion to any sort of exercise, difficulty
 "of breathing: when the patients awake in the morn-
 "ing, their joints and muscles feel tired and bruised;
 "pains

" pains are felt external and internal : the gums are in-
 " flamed, soon swell, and are for the most part, over-run
 " with sprouting luxuriant flesh, having an intolerable
 " degree of stench and pain; they are sometimes deeply
 " ulcerated, and have a gangrenous aspect. The pa-
 " tient is hardly able to open his mouth, and with his
 " face and jaws swelled, resembles a person labouring
 " under a severe tooth-ach. Blood frequently issues from
 " various parts, as from the nose, gums, intestines,
 " lungs, old wounds, in a profuse manner. The teeth
 " loosen, by degrees turn yellow, black, and rotten.
 " Many have a swelling of their legs, which is first
 " observed on their ancles, towards the evening, and
 " hardly to be perceived the next morning; but after
 " continuing a short time in this manner, it gradually
 " advances up the leg, and the whole member becomes
 " cedematous; with this difference only in some, that it
 " is more painful, also does not so easily yield to the
 " finger, and retains the impression of it longer than a
 " true cedema. Bruises and wounds healed up, always
 " become scorbutic first. Old ulcers will emit a thin,
 " fetid, sanious matter, mixed with blood; at length
 " coagulated gore will lie on the surface of the sore, like
 " a cake: As the disease increases, they shoot out soft
 " bloody fungus, resembling bullock's liver, which will
 " arise to a monstrous size in a night's time.

" In the second stage of this disease, the patients
 " most commonly lose the use of their limbs; having a
 " contraction of the tendons in the ham, with a swelling
 " and pain in the joint of the knee. Indeed, a stiffness
 " in these tendons, and a weakness of the knees, appear
 " pretty

" pretty early in this disease, generally terminating in a
 " contracted swelled joint. They are subject to frequent
 " languors; and when long confined from exercise, are
 " apt to faint upon the least motion of the body; which
 " are the most peculiar, constant, and essential symp-
 " toms of this stage. Some have their legs greatly
 " swelled, and covered with one or more large livid
 " spots or blotches: others have hard swellings there in
 " different places, extremely painful: and there are
 " those, who, without any swelling, have the calf of the
 " leg as hard as a stone: they are apt, upon being
 " moved, or exposed to the fresh air, suddenly to expire.
 " This disease frequently gives rise to the Jaundice,
 " Dropsy, or a confirmed Melancholy, with other fatal
 " terminations, ending in death often unexpected *."

To illustrate the various appearances in which the
 SCURVY discovers itself on LAND, is an unpleasing
 theme; particularly that malady denominated LEPROA, or
 LEPROSY, which we shall endeavour to delineate; tho'
 the Reader will find in the history of the cures, a more
 exact description of the effects of this malignant disease.
 However dreadful some of the cases may seem to those
 spectators not under its lash, yet they fall infinitely short
 of what we have seen. Nor can the pen convey a just
 idea of the deformity of a human being, thus besieged
 with loathsome sores, often discharging a corrosive matter,
 which burns the sound part of the skin, attended with a
 putrid smell: at other times, the legs swell, receiving an

* For a more copious description of the effects of this disease,
 see Dr. Lind on the Scurvy, 3d edition, price 6s.

impression of the finger in the flesh, as if it was dough, yet the person may not be in a dropical state: again, the gums bleed on a slight pressure, an ulcerated mouth, a noxious breath, a lassitude of body, scaly eruptions continually falling off, form only a small part of this *LEGION's* wardrobe. Yet, before this complicated disorder arrives to such a state, many years may elapse; and ere it can arrive to this period, some peculiar incidents happen, which may account for such piteous ills centering in one body, whose origin at first was no more than a few trifling pimples, or red spots, on the legs and arms, which might have been mistaken for flea-bites, not troublesome, neither are they ushered in with pain or sickness. The next morning small white scurfy appearances take place, which, in a day or two, shed off, and in as many return, to the disappointment of the patient, who quickly observes the progress of the disorder increasing in size and shape, no longer continuing round, but spreading promiscuously over the body, until it covers a large surface of the skin, like the bark of a tree: the knees and elbows are joints which are more immediately affected. This disease differs in appearance, in colour, as different causes affect, or constitutions vary: in some an universal stain marks the skin, which does not arise to any scurfy eruption; in others, the whole body is affected, whilst the face shews a healthy countenance, free from eruptions, which settle on the face of many, whose body has a clear skin. There are those who daily eye the force of this insatiate Tyrant preying on their hands, discharging large scales of a horny substance, which eats the nails off their fingers and toes. The palms of the hands are
clefted

clested with great fissures, which frequently bleed, attended with violent burning itchings*. To what a height this malicious invader can expand its virulent powers in ferreting some individuals, may be learned from those who have scarce a place that can be found, from the sole of the foot to the head, free from those leprous erosions, which, on a slight friction, fall off in thin scales, or in powder like unto branny dust, and are as constantly supplied by the corrupted fluids, which ooze out through the skin in a gelatinous matter, forming the white transparent scale, so mortifying to the afflicted, often accompanied with feverish symptoms and their natural consequence, habitual costiveness, lowness of spirits, with other distressing circumstances, sufficient to lessen the desire of life, or the fears of death. An uniformity of symptoms is scarcely to be found in different patients, which accounts that some eruptions are more troublesome than others, owing to the blood being more inflamed or corrupted: for we find many who only speak of a sensation on various parts of the body, similar to the sting of a nettle, arising from small miliary pimples, which itch to that degree, chiefly at night going to bed, either in cold, or change of weather, that a free use of the instrument generally found at the finger's end may be necessary to give present ease, or set the confined matter free, which occasioned this irritation: and it is remarkable, how soon the blood, and other purulent matter, issue forth on a slight scratch of the nail. In these complaints, the irritation is so great, that a person in a deep sleep often lies scratching in the same manner, as he might do if he was awake†.

* Chilblains have a great affinity to the Scurvy.

† Similar to this operation of giving ease, is shaving the head

Many persons of both sexes, from various causes, have ulcerated legs, preceded by a fever. Here nature recoils at the remembrance! whether we reflect on the various colours which mark the flesh, the painful swellings, the deep bleeding wounds, the foetid smells, the scaly coats, rottenness of bones, connected with symptoms bordering on a general mortification; sad memento's, which proclaim to the sufferer, more forcibly than Philip's * boy, *how nearly we are allied to mortality?* It would seem in these cases, that the legs, which bear the weight of the whole body, must also be the sink and drain of all the venomous humours contained in it. To pencil the minute descriptions of the several evils to which mankind are liable, under this class, commonly called *scorbutic*, would only disgust the unexperienced; and those that are afflicted know these remarks to be too true, who feel the bad effects, joined with an inexpressible languour: Sleep, the soother of cares, frequently withdraws its kind influence from them at night, thereby rendering the patients extremely nervous in the day. But in the midst of judgment, mercy has been remembered; for these disorders are not infectious, even when people bed together, although they bear so very near a resemblance to the Itch.

when troubled with scurfs, which, though it appears painful to the by stander, affords a pleasing relief to the patient, who should have it repeated almost daily,

* King of Macedon.—He kept a person in his service, to tell him, every day before he gave audience, *Philip, remember thou art mortal.*

SUBLATA CAUSA, TOLLITUR EFFECTUS, has long been among the leading maxims of philosophy; and it is a true and fundamental one, that in all disorders, the skilful physician aims at nothing so much as investigating the cause whence it springs, in order that he may be able the more effectually to destroy or remove it. Success often verifies this aphorism, yet truth will compel us to own, however mortifying, we are but men, short-sighted ones too, when we reflect how little we perform, compared to what is left unfinished, in the relief of those maladies, whose history composes the essential part of this treatise. To trace the origin of those morbid complaints, in a number of cases, may be done with propriety and satisfaction to the physician and his patient, is allowed; equally so, that conjecture often stands a substitute for certainty; and there frequently arise disorders, that both doctor and patient are at a loss for a circumstance relative to the knowledge of the cause, even to guess it with any degree of probability. In these scorbutic cases, should we ascertain the cause, yet the cure does not always follow; it being not quite so easy a matter to restore the human body, shattered with disease, to its pristine state, as some, by their advertisements, would make us believe; just as if curing the Scurvy and eating an Apple were synonymous terms.

In tracing the cause, no circumstance has been more universally condemned as the promoter of the Scurvy, than the one here alledged, relative to salted provisions: nor have there been wanting men of peculiar eminence in the medical line, who did not scruple to avow the same sentiments, desiring scorbutic patients to beware of salted meats.

When

When mankind were agitated by an early thirst after knowledge, to explore unknown regions, the sea at first dashed their designs, and proudly tossed them back again in their slender barks. Difficulties, the bane of the indolent, are spurs to the aspiring mind, which contrived a spacious vessel suitable to their wishes. How they were to be supported, or what food was proper on the occasion, for a long voyage, and other unforeseen accidents, was a prudent question? An adequate number of live animals were too cumbersome; fresh meat soon loses the pleasing colour, the attracting smell; consequently its usefulness.—Urged by necessity, a resource is pointed out; and proper food selected from those species, whose character would hold good for many months.—To the ingenuity of man, aided by art, do we owe a variety of pleasing luxuries. In summer, our banquets are crowned with pyramids of ice, to cool the parching heat; Fruit, which ripens on the autumn bough, in spring adorns our table. By salt is our meat preserved for a long season, in great variety, partaking of the ox, the sheep, the swine, or the fish.—Kind indulgence, granted to the pilgrim journeying through a thorny or a rugged way! Has the Creator set before us such delicacies to ensnare us to our ruin? Reason will not support us in the argument to judge so harsh.—Experience will retort, stigmatizing us with ingratitude.

That numbers have died on board of crowded ships, where such diet is obliged to be more frequently used, cannot be denied*.—But has their meat continued in

* Confining a greater number of prisoners together in a place, more than is convenient, or the tenement will allow, must be productive

that desirable state it was intended?—Has their flour, their bread, their pease, and rice been well preserved?—Has there been a moderate share of beer, wine, or spirits on board?—no want of vinegar, or other acids?—no complaining of the scarcity or the unwholesomeness of the water?—no scantiness of apparel, when either the wet weather, or uncomfortable linen require a change of clothes?—Has their ship been frequently washed, ventilated, and fumigated?—the men often exercised? On each of these health depends; otherwise, what else can ensue, but decay, infection, death? Fortunate for the sailor it is so, as avarice would bestow but little care to protect the lives of those valuable men. Hence, when they are neglected, the SCURVY, ever on the watch, soon seizes on them for his prey, and in dreadful notes reproaches their guardian's indifference, and pleads their cause in irresistible language, to our fellow-feelings, to be more careful in providing for their safety, if it is our affectionate wish to preserve a treasure of so much consequence to this island.

To elucidate these matters respecting salt provisions, ask those whose lot it is to plough the seas for many years; they will readily acquit salted meats, singly excepted, from the infamous charge alluded to. As a proof they are not biassed, when left to their choice on shore, what food do they relish with that pleasing glee, equal to corned meat? Or who is it eats salt so lavishly as the sailors? Dictated by their wants, they have a better productive of ill, as in Winchester Castle, in the time of war; where, if you only pass by the door, an offensive smell is immediately experienced by the visitor.

argument

argument in favour of the use, than the governors in denying it them, by not making any extra allowance for the article of salt on board of ship. Hence it is, that on opening every barrel of salted provisions, a scramble ensues among the sailors, to procure a share of this desirable commodity, the loose salt. It is well known, that could the mariners have a constant supply of fresh meat only to feed on, they would expose themselves more to the hasty inroads of the Scurvy, and much sooner sink under its baneful influence*.

Far from entertaining unworthy thoughts, or rashly seeking to interrogate the Ruler of the Universe, have we not reason to admire and adore that goodness, who, sensible

* "Sea salt, in a sufficient quantity, is a useful corrector of an animal diet, and in that respect, an antiscorbutic; it may, from an excess, and not being sufficiently diluted, give a peculiar muriatic acrimony to the fluids; but that very seldom happens, and is easily removed. In sea voyages, that peculiar Scurvy, which is imputed to long living on salt meats, is really owing to a contrary state of the fluids, and to a putrid acrimony and dissolution of them, from the want of that quantity of acids, or fermented spirits in their drink, which is necessary to prevent that natural tendency the fluids have to putrefaction; and which the quantity of salt (which is but a weak antiseptic) is incapable of preventing, and often not sufficiently powerful even to preserve the salted meat from being in some degree corrupted. This disease more frequently appears, and in a greater degree, when their bread is in the same state, and when their water, which at the best has no real antiseptic quality, is often in a putrid state. In these circumstances, fresh animal food would sooner bring on an increased putrid state, than sound and well salted meat, unless some acid vegetables, or spirituous antiseptic corrector, was added to their drink, and could diffuse itself through the blood."

BARRY, on Digestion.

sensible of the frailty of our mouldering nature, has spread, in various forms, an antidote against putrefaction? For what should be our thoughts on reviewing the vast ocean of waters, rolling in mountainous tremendous heights, impregnated with strong saline particles, wherein living creatures innumerable thrive, whose flesh in general are of a sweet, delicate, rich taste, administering nourishment to the human species? Could these waters, the blood and life of the terrestrial world, retain their purity, or the small rivers their sweetness, were it not owing to these circumstances, and the constant flux and reflux of the tides? In the country, where the rustics feed on much salted meat, whether of beef, bacon, or pork, we might expect to see there some proofs of the effects of salted dried diet, terminating in scorbutic appearances: the reverse is to a wonder known: for they surpass the citizen in health and strength, as the fish in a river do those confined in a pond. People on land who have imbibed these tenets, have been deeply impressed with the fear, that these forbidden meats would aggravate the disease they laboured under, and have abstained from that food contrary to their inclinations.—Have they found the complaint relax on this punctilious account? Could we add in the affirmative, it would be encouragement for perseverance. These are lessons which should teach us how careful we should be in drawing decisive conclusions, on superficial evidence, as in the case now under our consideration, which has created much uneasiness to many doubting individuals; and what was dreaded in idea only, concerning salt meats tending to breed the Scurvy, has in effect been realized, owing to particular constitutions being debarred

of its craving privileges, where they could be dispensed with to advantage. On the contrary, let us not be thought to be strenuous advocates for an indiscriminate use of salted victuals, but to indulge in them with moderation, as they are found to agree with the stomach, which may be easily known by their digestion; for the Scurvy cannot arise from eating or drinking any particular aliments, independent of different circumstances and constitutions, with whom only such and such food will nourish: and a great stress should be laid, in the cure of any complaint, on persons endeavouring to find out a regimen which is suitable and agreeable to their nature; the consequence may be a speedy deliverance from their bodily infirmities, compared with those they experienced before: therefore, from motives of conviction, we with that erroneous notion of salt provisions breeding the Scurvy was exploded, at least amongst those who reside on land. Shall not a distinction be made between meat lying in salt a few days, and that which is obliged to be barrelled up many months in a voyage*; for the cause of the Scurvy at sea depends on many other occurrences, well known in their situation.

Relative to Pork, which is also a species of food generally prohibited, as being an encourager of the Scurvy. On this occasion Dr. Cullen, in his lectures on the Materia Medica, gives his sentiments, which entirely coincide with mine†.

* There is an inconsistency in the prescription of those who forbid salt meats, yet give Glauber salts, or send their patients to be drenched with sea water.

† See the Article on Hoo Pork.

" It

" It is the only domestic animal that I know, of no
 " use to man when alive, and therefore properly designed
 " for food. Besides, as loathsome and ugly to every
 " human eye, it is killed without reluctance. The Py-
 " thagoreans, whether to preserve health, or on account
 " of compassion, generally forbid the use of animal
 " food, and yet it is alleged that Pythagoras reserved
 " the use of hogs flesh for himself. The Jews, the
 " Egyptians, &c. and others in the warm countries, and
 " all the Mahometans, at present, reject the use of pork ;
 " it is difficult to find out the reason of this, or of the
 " precepts given to some of them, though commonly
 " such as are not given without a particular one. The
 " Greeks gave great commendations to this food ; and
 " Galen, though indeed that is suspected to be from a
 " particular fondness, is every where full of it. The
 " Romans considered it as one of their delicacies ; and
 " if some of the inhabitants of the northern climates
 " have taken an aversion to it, that probably arose from
 " the uncultivated state of their country, not being able
 " to rear it: pork is of a very tender structure, increased
 " perhaps from a peculiarity in its oeconomy, viz.
 " taking on fat more readily than any other animal.
 " Pork is a white meat, even in its adult state, and then
 " gives out a jelly in very great quantity. On account
 " of its little perspirability and tenderness, it is very
 " nutritious, and was given for that intention to the
 " *Athletæ*. With regard to its alkalescency, no proper
 " experiments have yet been made, but it is of a gelati-
 " nous and succulent nature ; it is probably less so than
 " many others. Upon the whole it appears to me,
 " who am unprejudiced in its favour, to be a very valu-

"able nutriment, and I really do not understand why
 "it was in some countries forbid. It is said that this
 "animal is very apt to be diseased; but why were not
 "inconveniences felt on that account in Greece? Again,
 "it has been alleged, that as Palestine would not rear
 "these animals, and as the Jews had learned the use of
 "them in Egypt, it was necessary they should have a
 "precept to avoid them. But the Egyptians themselves
 "did not use this meat; and this religious precept in-
 "deed, as well as many others, seems to have been bor-
 "rowed from them. Possibly, as pork is not very per-
 "fpirable, it might increase the leprosy, which was said
 "to be epidemic in Palestine: but this is far from be-
 "ing certain; and tho' a good purpose, as I have said,
 "is commonly intended by such general precepts, yet
 "they often take their rise from the particular preju-
 "dice or caprice of legislators."

How far prejudice may be carried through mistaken
 notions, is illustrated in that esteemed plant Hop. In
 the year 1428, an act of parliament was made, for-
 bidding the use of hops in brewing malt liquors, as a
 weed pernicious to health; and it was not generally in-
 troduced again until the year 1524.

In the indictment relative to the cause of scorbutic
 eruptions, drawn by judicious writers, we find seden-
 tary employments are accused, and those trades in-
 particular specified, which are followed in one posture.
 A question naturally arises; what occupation in life,
 whether scientific or mechanical, that has not its in-
 conveniences attending it? What is our intent of writ-
 ing?

ing? Is it to render fixed stations in life disagreeable, or to deprive the individual of his felicity, by placing imaginary ills before him? Or, where is our wisdom displayed, to prophesy a curse entailed on such a business? Would not one of that profession, whose lot it was to come under that predicament, instead of rousing himself to throw off an hindrance to his pursuits, rather be inclined to say, *Our business is subject to this complaint*, and prove a check to this man's hope? his ardour in seeking a remedy, rendering him rather indifferent about his health. Ramazzini has wrote in general of those diseases which are the natural consequences of particular employments; there we find many stigmatized as authors of maladies, infinitely worse than any that can arise from business which require a sitting posture. Who has not heard of persons dreadfully suffering by the fumes of lead, the noxious vapours arising from charcoal, paint, aqua fortis, and damp in the mine? Yet each of these artists knows how to remedy many of those ills, and make them to contribute towards a maintenance. Before we venture to fright persons from their usual vocations, have we a better to give in exchange? Let us not idly spend time in battering at the walls of *necessity*, lest shame fall on our heads; but wisely turn our thoughts on those nuisances which are to be remedied; real grievances, monsters in human shape, named indolence or sloth, which will not only render us contemptible at first, but bring their own tormentors along with them, whose train is often supported by no less personages than the Scurvy and Gout. Indolence is a quick-sand which cannot be cautioned too much against to avoid. Ease and retirement are the proposed end of all our labours and anxieties; happy
for

for us, it is not so soon attained as we wish. When we sigh after this phantom, we know not the event of the request. To be relieved from all care and trouble, what is it but to be changed into a senseless inanimated being, totally indifferent of what is transacting around us? as if happiness consisted only in rising to eat, drink, and then to sleep. How wretched the idea! Where is the being capable of indulging such thoughts without detestation! Nature exclaims against it! Nature, ever most harmonious, eloquent in preaching the reverse, the true restorative, the supporter of our fabric, *action*, without it, how soon should we decay! It is a blessing showered down on the industrious. By them it is named pleasure, or exercise, man's fittest companion; from which he should not wish to be separated, whilst there are abilities left to enjoy them.

What sort of employment conduces most to health we cannot determine, any more than we can at all times choose or command our stations in life: every individual knows how to shift the scene; but to vary it, depends on time, place, circumstance, and connection. All that the writer wishes to enforce, is, that exercise which is found most convenient, whether it be in play or in work, in a walk or in a ride, in the agreeable amusements which polish and adorn the body, or in the necessitous calls of labour, to preserve and support life, or any other recreation found in visits, plays, concerts, &c. The proposed end of each them (whilst not pursued to excess) will be answered in bracing up the nerves, giving fresh vigor to the mind, a hardiness to the fibres, pliancy to the limbs. Nor would persons have

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that reason to complain as they do, of the long confinement in the Gout, or experience that pain arising from chalk-stones or contracted sinews, were it not owing to repeated errors sanctified by custom, which introduce Mrs. *Indulgence* as a *Nurse*, in preference to plain, well-timed, *Severity*: which accounts for those distressing, mortifying scenes, daily exhibited in hypochondriacal and scorbutic complaints.

Hitherto we have pleaded in defence of two instances, supposed to be the peculiar cause of those baneful ills; now we become accusers, and readily impeach some particular incidents, to which, from our nature and circumstances, we are daily liable. These we comprehend under the titles of surfeits, indulgence, agitated passions, sudden frights, malignant humours proceeding from the small-pox, weakness of constitution, &c.

Surfeit is a word of an extensive meaning; it implies some action into which the person has been impelled through an urgency to allay a prevalent sensation by an opposite one. A ready compliance to gratification often plunges an individual into a series of difficulties, which require the judgment of the experienced physician to extricate, joined to the perseverance of the patient: happy conclusion, if the united endeavours are found adequate to the desires of the sufferer! To avoid these encroachments on our felicity, it is necessary to bear in our remembrance, that most people are sensible a danger lurks in the sudden application of cold matter to our bodies, when heated beyond the usual temper of that standard most conducive to strengthen or preserve it

it as a living animal. A medium, therefore, should be observed in our drinks on such occasions, which should not be too much of the spirit so as to inflame the blood, or of the aqueous part to chill it.

There is another caution which strikes us in a more eminent degree, *viz.* of entering on violent exercise, after regaling rather freely on a diversity of aliments; by this means the stomach, overloaded, is ill suited either for labour, or discharging its necessary offices of distribution to the other dependent members.—Thus food, violently agitated, becomes a strong poison; volatile alkalized salts are pressed to the surface, which corrode the skin; the blood, already inflamed, is soon deprived of its watery particles, becomes thick; fevers succeed, which terminate in cutaneous morbid affections; a foundation sufficient to account for many scorbutic terminations we meet with in our practice, and even death.

Another remarkable evil which has given rise to scorbutic eruptions, is occasioned by the weakness of the stomach, which hinders the food from being properly digested; the aliment is thrown up again with an acid taste, that cuts the throat, blunts the edge of the teeth, occasions a violent heart-burn. To such a degree of corrosiveness has this matter arrived, as to give silver a black colour. Should this acid matter be carried downward, griping pains in the bowels ensue: blood secreted through the lacteal vessels from so foul a matter, must be inimical to health; nor should it surprise any one, that divers blotches, unsightly eruptions, should then make their appearance on the skin, owing to those sharp humours,

humours, the very principle of eruptive diseases; or that we should thereupon experience aches and pains in different parts of the body, or suffer that languid state into which we afterwards fall.

All the passions, whether joy, sorrow, love, hatred, anger, fear, or terror, when carried to excess, bring on very formidable diseases. To draw comparisons of their malignancy, is neither easy nor agreeable; either of them is sufficient to make us miserable, when under their baneful influence. The two last carry in their names *horror*: their quick piercing power is felt perceptible through all the fibres of the human fabric, wherever thought can penetrate, filling each cord with an inexpressible electrifying sensation, that wakens us to watch, and be on the alarm; making sturdy centinels, not only of the nerves and limbs, but also the flaxen hair is erected, and every feature of the face strained, to complete the sacrifice to those relentless furies. A fatal instance, wherein fear and terror operating together, is exemplified in the following history, recorded in the Medical Transactions:—"A man who had a Leprosy in France, of which he died, was thought by his wife to have got it by a fright, none of the family, besides him, having ever had any symptoms of it. Her husband, it seems, was out a-fishing on the lake of Barra, (a sea-port town in France) when so great a storm arose, that it was only by the repeated flashes of lightning that he could find his way home. On his arrival, it was a matter of fresh concern to him, to find that his brother, who had been fishing in the same place, in another boat, was not also returned.

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“ The apprehensions of his being drowned seized his
 “ mind, and drove him to a situation little short of de-
 “ spair. Unable to relieve him from it by the force of
 “ language, he was the next morning let blood, when
 “ his brother arrived, and a little time after the symp-
 “ toms were seen to appear which led to his death.”

We have known several instances of children, whilst
 sucking, to break out suddenly with pimples and blotches
 of a scurfy appearance on the face and body, to the
 great surprise of the parent, owing to the nurse having
 received a sudden surprise, or some bad account relative
 to her family, which brings on a dejection of spirits, and
 injures the milk : or it may arise from the child cut-
 ting his teeth. Also, if the parent has had much trouble,
 or has been frightened when with child, it will some-
 times occasion the infant to break out (soon after it is
 born) with eruptions. This accounts why one child
 may be in a sickly state, and the others, in the same
 family, appear healthy. For grief, the jaundice of the
 mind, is a destructive passion piteous to the beholder;
 yet it is loved and caressed by the possessor, to its own
 destruction ; pleased with every one that will grant an
 indulgence to fan the flame. A judicious author, Dr.

- WILLIS, observes, that “ Among the causes of the
 “ Scurvy, that are wont to be derived from the inordi-
 “ nation of the non-naturals, we may here deservedly
 “ place sadness; for it is every where observed, that
 “ men, through some occasion struck with sorrow, and
 “ so remaining for a long time sad, do become scor-
 “ butic ; the reason of which seems to be this : Great
 “ sadness immediately affecting the inferior or bodily
 “ soul,

" soul, compels inwardly both its parts; to wit, the
" sensitive, and the vital, straitens their constitution,
" inhibiting their wonted expansions, and draws them
" into a lesser space; hence the animal spirits being
" hindered from their due expansion, remit their œcono-
" my; wherefore the blood repeating its circuits in a
" lesser compass, is apt to be heaped up about the bosom
" of the heart, and there to stagnate; for this reason,
" when the spirits of either government, viz. either ani-
" mal or vital, are depressed, and the blood and nervous
" juice begin to be altered in their complexions, either
" of them by degrees losing their vigour, turns from a
" generous liquor, to one sour and lifeless: besides,
" the viscera of concoction being denied, the wonted
" influx of spirits perform very untowardly they offices;
" hence, from the chyle not rightly concocted, or being
" depraved in its coction, the nutritious juice being
" stuffed with seculencies, become vicious, and is
" poured on the bloody mass, whereby it more perverts
" its crasis, and causes it easily to pass into a scorbutic
" disposition: moreover, for this reason, immoderate
" and too serious studies, and the continual intentions
" of the mind, soasmuch as from hence the spirits
" being depressed, the offices of the viscera subverted,
" and the chief crasis of the humours altered for the
" worse, they often acquire a scorbutic taint; to which
" we may add, that both sad and studious persons, for
" the most part, lead a solitary life; for which cause,
" both the blood and nervous juice, as water wanting
" motion, contracts mud, is wont to be vitiated, and
" ready to fall into a scorbutic corruption."

To the small pox, more particularly when it owes its rise to inoculation, many persons ascribe their scorbutic woes: from that period, they can regularly date the malign influence under which they groan. Hard, indeed, to pass through such a fiery ordeal, only as introductory for a more lasting incendiary! Shall we ascribe it to the inoculator, ingrafting other people's humours on his patient?—Or rather, is it not owing to a peculiar tendency in the body, favourable to acrimony? Allow it either, it behoves us to be careful from whom we take the infectious matter. It also points out the necessity of paying attention to the purifying the blood, after these formidable plagues. Nor should the measles escape our censure: though the occasion for reproach does not so frequently occur, the inflammation in the eyes is the principal evil, which is to be attended to*.

Endless incidents which happen in life may be here impeached, as sowing the seed of sorrow:—substantial arguments can be advanced in their defence, to shew the charge is injudiciously founded: Neither is it our wish to pry minutely into the reasons for the wanderer's deviation, or be answerable for the casualties he

* Persons who struggle with a scorbutic habit of body, or a weakness of nerves, are very liable to have bad eyes: to relieve their sight they are apt to take to spectacles in early part of life, a practice which must be obviously wrong, the cause not always resting on any defect in the organ of sight, but owing to some humour or fever, which being remedied, the eyes recover their usual strength; and it should be considered, that when a person once takes to the use of spectacles, he is seldom able to throw them aside.

may meet with, when he chooses to divert himself on uncertain ground, thick set with briars, where the snake in secret cover often lurks; dangers to which the more open road is a stranger:—wave we therefore this discussion, whilst we probe a subject more interesting.—What modes for redress have been adopted?—Has success stamped their validity?

In perusing the writings of those medical authors relative to the mode they adopted for the cure of these blemishes, we are struck with amazement at the cheerful compliance and resignation of the patients, in undergoing so many tiresome, painful operations, generally ending in disappointment: nor should we pass on without paying a compliment to those luminaries, who, meeting with different soils in their various pursuits, have raised a beacon to notice their failure, and shew how little dependance is to be placed in those critical situations, on learning, or costly medicines, whether selected in the east or the west; whether they vegetated on the surface, or were torn from the bowels of the earth, or raised by chymick fire. In their narrative they own, they tried the powers of purgations in various forms, in hopes to expel the enchanter from the human body: these failing, they raised fiery fumes to drive him out, then coaxed him with a tribe of sweeteners, or gently touched him with the choicest oils, to assuage his choler, still inexorable: Again, they thought he might be conveyed away, by turning the smaller channels into overflowing streams; if not, to weaken him by drawing off the blood, and excoriate his favourite seat, the skin: or making new drains, where he might issue forth. Tired with laying siege, their whole dependance is centered

tered in laying the patient down*, forcing him to undergo severe penance for several weeks; had success closed the scene, joy felt in the heart would soon blossom in the face, and pain would be lost in acknowledging the victory. Melancholy prospect! this also has been rejected; and other promising experiments, that either reason or ingenuity could devise; and where science could not triumph, magic and charms have advanced their pretensions to the credulous despairing captive.

The favourite opinion of using cathartics and diaphoretics, for the desired end of banishing scorbutic eruptions, seems rivetted in the breast of most people; hence every known root, gum, leaf, or mineral, that can boast of that virtue, has been seized on with avidity, and impressed into our service, honoured with a place in the pharmacopœia, where it is preserved in different forms, ready for its executive office, whenever the physician, whose power exceeds every other regulated authority, whether of the civil or military, bids it advance. Their operations on the body are specious, it is true, and flatter the patient to proceed; but do they expel those baneful humours, which are only to be observed in their effects? In the thousand experiments repeatedly made, where are the vouchers of success?—Let them stand forth, that we may have cause to triumph, and with pleasure we will readily join in the popular cry, Purge

* To use an author's words, "When none of these can avail, many, as the last remedy, commend salivation as the stoutest champion, and the only one, that is able to cope with so strong an adversary.—But the event does not always answer this mighty expectation."

or sweat the humours out"? May we be allowed to speak what "we have seen and heard?" Instead of the purifier gathering strength, we have found weakness; instead of a cheerful countenance, a pale, emaciated one confessed the error of so misguided a directory. Ponder within yourselves, and reflect on an artist violently straining to piece some curious article of mechanism entrusted to his care. Our bodies are much finer, and infinitely more delicate machines than any ever produced by the art of man. Wherefore is it then, that we seem so little sensible of the great impropriety of using them with less caution, care, and tenderness? Patrons of promoted secretions, that is to say, secretions increased beyond the common and customary pitch of nature, would do well to consider what proportion the humours bear to the whole mass of blood. To come at once to the point, we will suppose it to be a twentieth. Taking this for granted, can it be advisable to purge, sweat, or otherwise excrete nineteen parts that are good, for the sake of one that is bad? The question answers itself.

* Issues and blisters are generally thought to be of great use in drawing off humours from the human body: we confess, tho' opinion is so strong in their favour, yet we scarcely ever knew any great service from them: on the other hand, where biles have appeared, and been properly treated, the decay of leprous scurfs has been daily visible, and rescued the patient from a loathsome complaint, amply recompensing him for all the pain and inconvenience he endured.

† We would not be understood to mean, that no medicine should ever be given, that has a power to purge, sweat, or vomit, &c. for there undoubtedly are times and many other illnesses in which it is very requisite. All we contend for, is, that the process

itself. For what advantage can possibly be derived from it, since, if with twenty pounds of fluid, one of humours is to be defalcated, should the whole together be evaporated to one scruple, in that one scruple one grain of humours would still remain?

Ointments have been resorted to, and stand particularly noticed in the sages' books, with great commendations annexed thereto, specifying their virtues, in preserving or restoring the skin; some of them calling to their aid the fragrant essence of plants, giving them a pleasing perfume, which strongly pleads for a continuance of the favour to be employed occasionally. When these disorders made their appearance, as they were, and are now, attended with heat, inflammation, and irritation, it was natural to think of applying thereto some outward remedies, especially as they ascribed to such ointments as were made of certain particular cooling herbs, a much greater power than they really possessed. But those who continue the practice, so as to lay the chief stress in the cure, on ointments, must excuse us if we take upon us to pronounce them egregiously mistaken, in whatever point of view the thing may be considered: for, in the first place, they do not reflect how little, at any time, an unctuous preparation can take and retain of the virtues of any herb. Besides, the basis of such ointments as are here alluded to, being hog's lard, by anointing the affected parts, they *stop* up the *pores*, and thereby coun-

cess must be erroneous when repeatedly applied to disorders of the blood, such as the Scurvy, Gout, Rheumatism, pimpled Faces, Eruptions, dry and moist Scurfs, &c. administered with the absurd intent of carrying off those noxious humours only.

teract the salutary workings of Nature, by opposing the expulsion she would otherwise make of the stagnated humours; which obstruction occasions a repulsion of them into the stream, thereby hastens the corruption of the whole mass of blood. For as it is with plants*, so it is with human bodies; there must be a perpetual and incessant flowing of liquors freely through the pores of the skin; which circulation is no sooner stopped or glued up, as it were, but fevers, dimness, violent head-aches, and other complaints ensue, and very frequently, consequences infinitely worse. What gave rise to ointments being repeatedly used in these cases, has been from their success

* It is an observation in botany, that plants breathe, sweat, and throw out, by means of emunctories, certain excretions and redundant humours, like those contained in the vessels of a living body. Those emunctories that exist in plants throw off at their mouths, which are open, in innumerable quantities, on the exterior part of the skin or bark, either along the stalk or branches, or even on the surface of the leaves, a matter seldom perceivable to the naked eye, but which, if mixed with dirt or dust, that flies about in the cleanest apartments, and not washed down by natural rain or artificial waterings, will prove in a short time the destruction of the plant: therefore the circulation being stopped, and the plant supplied with an excessive and superabundant quantity of water, which most people have the bad habit of keeping perpetually in pans under the pot, the root soon rots; because, deprived of its proper and usual evacuations, through the emunctories, it can no longer thrive: therefore, the water of the pans, instead of wasting away by the consumption, and feeding of the plant, stagnates and putrefies; and the plant, after having withered a while, dies at last. Such is the reason why so many plants, such as Myrtles, Geraniums, and other shrubs, which people are so fond of keeping in their houses, seldom live to see another summer, and at best always look sickly.

in the cure of the Itch, because that disagreeable disorder was known to be owing to animalculæ, (or small insects) which nothing but external application will destroy, and against which, internal remedies will not avail alone. To bad legs, ulcers, &c. there may be a necessity for applying an ointment, but its chief use is to keep the stocking or linen from eating into the flesh.

We flatter ourselves the Reader has indulged us with a patient hearing, relative to the preceding objections against current opinions. The third claims our attention. It is a ground we tread on with diffidence. To declaim against vegetables, with which our markets teem, and without them a table in the spring would appear but half furnished, is not the way to gain proselytes to any novated maxims—To banish is not our design. Many erroneous tenets have been adopted, and grow up with us, sacred as our religion, respecting our ideas concerning physic and diet. Therefore we shall endeavour to explain how vegetables, particularly those alluded to, as brook-lime, water-creffes, scurvy-grass, dandelion, &c. have become so great favourites, that we scarcely know when to leave off eating them; as if our intention was to impregnate our blood with their juice, then proudly bid defiance to the Scurvy.—Do the salutary effects justify our unlimited patronage? That vegetables in general should obtain a pleasing opinion, is not to be wondered at. These lively productions of nature have every thing fore-catching in their favour: they are in themselves a wholesome eatable, in general, and the first, perhaps, as Moses relates, given to man before his fall: they are too the food of many clean and agreeable

able animals, and must, from the beginning of the world, have prepossessed the mind of man by their pleasing prospect, their variegated enamelling of the fields, and by their having proved of quick and efficacious benefit in curing some disorders, which arose from the Sea-Scurvy. For these reasons, some have fancied them endowed with the same efficacy in cases of the Land-Scurvy, where it is evident, from repeated experiments, they are but of little service; not considering, at the same time, that the two disorders are dissimilar from each other. With respect to the Sea-Scurvy, acids, such as oranges, lemons, vinegar, and cream of tartar, with plenty of vegetables, are undoubtedly of great utility; their efficacy is not so remarkable in the cure of those whose habitations are on the land. It is observable how suddenly and how perfectly men will recover from the Sea-Scurvy, by the mere eating of greens, such as coleworts, carrots, cabbages, turnips, &c. Men put on shore, in the most piteous condition, have been able, in three or four days time, by means of this diet alone, to walk a few miles up the country. A singular instance of this presents itself in a case, the Medical History relates, by which we are informed of a man who recovered from a most deplorable scorbutic state, by feeding upon a friendly herb that he fortunately met with on an island, where he had been left by the ship's company to end a miserable existence. Such quick and easy cures have never been known, and are impracticable in land cases. Scurvy-grass, being esteemed a specific for the Sea-Scurvy, is frequently recommended for pimples, blotches, and other breakings out of the body;

yet nothing can be more improper than the use of such hot* herbs, when the blood is inflamed.

On this subject our venerable author† has the following remarks: " We must chiefly insist upon antiscorbutical remedies, but the more sharp and hot of this kind, as the garden scurvy-grass, water-crelles, the horse-radish, pepperwort, and others, too much irritating the blood, in as much as they dissolve the temperament thereof more, and drive out more plentifully the tartarous coagulum to the skin, are always discovered to be more prejudicial than advantageous; and for this reason, the use of baths, or bathing in hot waters, which evacuate the humours of the whole body by an abundant evaporation, and cleanse the pores of the skin, and seem very available in this malady, oftentimes are so far from helping, that those eruptions are wont to be exasperated from thence, and very much increased; for I have known many

* If we might recommend any vegetables to be used as auxiliaries in the cure of the scurvy, it should be those of a different taste and effect, such as sarsaparilla, jesuits bark, ground-ivy, goose-grass, juniper-tree, plantain, buckbean or elm-bark.

† Dr. T. WILLIS, who died in the year 1675, aged 57, of whose great abilities Dr. MORGAN, in his Practice of Physic, speaks thus: " Among ourselves, Dr. WILLIS must be allowed as a perfect master of the corpuscularian philosophy, as applied to physic. He understood perfectly well the explosions and suffocations of the animal spirits, the chymical effects, changes, and transmutations produced in the animal body, by the various mixtures, and mutual actions and restrictions of salts and sulphurs in the blood; though many have endeavoured to imitate, yet none could ever equal him in this way."

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"not extremely impetiginous, to have gone to our baths
 "to bathe in the hot waters, that have returned altoge-
 "ther leprous. Wherefore, when the symptoms of this
 "disorder arise from a scorbutic evil, all elastic things are
 "to be avoided, and only the more temperate, endued
 "with a nitrous, vitriolic, or volatile salt, are to be
 "administered.

"Sulphureous baths, as well natural as artificial, are
 "found by experience less appropriate, yea, for the
 "most part, the former do prejudice; moreover, every
 "bathing ought cautiously to be administered; for be-
 "cause this administration exagitates the blood, and puts
 "it into an effervescence, its temperament is endangered
 "(as has been said) rather to be dissolved, and the cor-
 "ruption to be spread more plentifully over the skin."

By the passage we have here quoted, relative to the
 hot baths, which agree with experience, and those ob-
 servations made by patients afflicted with the leprosy,
 some may be led to think we wish to depreciate those
 modes in general, which tend so much to the restoring
 of health. No such thoughts occurred: we are too sen-
 sible of the benefits accruing from those journeys, which
 are attended with so many pleasing circumstances, in a
 variety of forms, which cannot fail to add new springs
 to life: and if we cannot approve of hot baths in le-
 prous cases*, there are other baths of a different nature,
 though

* Though we object to hot baths, which increase perspiration
 beyond its proper bounds in leprous cases, we by no means wish
 to be understood as prohibiting temperate baths, where the
 chill

though not so flattering, yet are more beneficial, and afford great relief, not only in complaints of the leprosy, but in gouty, rheumatic and nervous ones; these are to be met with in cold baths, and in the open rivers of fresh water: but those we more particularly allude to, are those on the sea-coast, made convenient by machines, which shelter the invalid from the piercing air. How much more the health of the patient may be mended, by drinking the salt water when he bathes, we will not determine; but rather leave this matter to the option of his own judgment, which, on trial, he will be enabled to decide how far it agrees with his constitution; *only he is to observe, not to drink at one time more than is convenient, and sits easy on the stomach.* This caution should also be remembered when the mineral waters are prescribed; for it is not in the quantity, nor yet in the quality of these waters singly, that so great an operative virtue is found, as to establish their universal reputation, but in many other joint causes, all uniting with the waters, to act in one point either as a restorative, or a preservative: for whether we go to

chill of the water is only taken off to make it agreeable; for nothing promotes so much to health as cleanliness, and those frictions used on these occasions to brush the scurf off. For children whose heads are scalded over with a hard crustaceous matter, we recommend a fomentation wherein lavender or rosemary has been boiled, to wash the afflicted part daily; which serves not only to cleanse, but to take off that offensive smell naturally arising from such causes. Concerning invalids who are subject to the gout or rheumatism, to object to their use of hot baths in preference to temperate ones, would be stemming the tide of general prejudice and ancient practice; therefore reason and experience are often sacrificed to popular errors.

MARGATE

MARGATE OF SCARBOROUGH, to BRIGHTHELMSTONE OF WEYMOUTH, to BATH OR BUXTON, to BRISTOL, HARROWGATE, or TUNBRIDGE, in each will be found a change of place and air, with a variety of company, which naturally extend our ideas, and contribute as much to our health as a variation of posture : though *illness* be the general apology for persons when they visit those places, which might naturally induce a stranger, before his arrival, to imagine a greater number of distressed objects would hourly present themselves, than what experience testifies, supposing he only gathered his ideas from the character of the waters, in facilitating a cure in chronic and other complaints where the endeavours of the physical art could not avail. How amazed must he be to find here, as on enchanted ground, pleasure takes her stand and in a thousand forms courts his stay ! Whilst Nature points to the refreshing bath, the salubrious spring, the pleasing walk, the rural ride, surrounded with extensive prospects to strengthen and entertain him by day, she hints the agreeable amusements prepared for him at night, where each sex strives only to excel in obliging one another, either at a party of cards, mixing in the dance, or listening to the sprightly music, playing as each one's fancy suggests. These gay entertainments, enjoyed in moderation, unlock the senses, give full scope to the ravished soul, and charm the demon of disease from those haunts consecrated to health. No wonder then, that so many are daily found visiting those abodes, to partake of remedies fraught with novelty, and teeming with a fund of delight, not to be met with in any other rational scheme, that either the physician or philosopher can suggest ; less in their commendation can-

not

not be said; to continue the eulogium further, would rather incur censure than praise. However persuasive and beneficial these plans are, in speculation, it must be admitted, their success (ever dependant on a variety of incidents) is precarious, their efficacy of a short duration like the burning lamp, they require replenishment; though inclination may excite every individual to wish for a trial, all are not indulged: expence will ever remain a curb to our desires: nor will it be forgot, that disappointment is too forward in waiting on expectation. On what a cobweb shadow of a thread does man's felicity depend! let the valetudinarian afflicted with the gout tell, who, at BATH, had every reason to congratulate himself on the pleasing prospect of returning vigour, who in ecstacy sacrificed his crutch* to the tutelar saint, as a monument of benefit received, and for an encouragement to others to turn their eyes to the bewitching serpent, has, on his return home, scarce gone through the formal ceremonies of receiving the compliments on those occasions, but some little ache or pain whispers in his ear, *though the fiend was banished, he was not destroyed!* which at once freezes his hopes, and blights in the bud his prospect of promised ease. Self-preservation is on the alarm, to select another charm more potent in its effects, amidst the friendly ones offered by the sons of *ÆSCULAPIUS*, or the heirs of *PACELIUS*.

Mankind are naturally impressed with horror at any human spectacle which deviates from that beautiful form

* A custom at BATH to hang up the crutches of those who recover, in different places.

which

which limners draw to represent the pride of the creation. A person afflicted with the Scurvy, or tortured with the Gout, demands our sympathy, as it excites in us a dread, that we ourselves may one day become objects of their rage*. We shall proceed to review this last formidable enemy, emphatically nominated GOUT, and trust it will not be deemed presumption in us to declare, we do not wish to use, on every trifling survey, the optics that have been invented and magnified by several eminent authors, which have been repeatedly referred to by succeeding writers on this difficult subject: From nature and experience we propose to draw the outlines, aided by reason, leaving you to discuss the matter at your leisure.

* The world in general bear hard, to suppose the clergy should be able, at all times, to free themselves from spiritual ills, or the physical from bodily ones.

OBSERVATIONS

ON THE

GOUT.

S E C T. II.

OF all the disorders which afflict the human species, no one malady has excited the attention of the faculty to investigate, or raised our admiration so much, as that one denominated Gout. Hitherto we have not been so happy as to congratulate the man who has obtained the laurel, for the best description of the nature and cause of the Gout. Its effects and their prognostical signs, its various degrees of keenness in their paroxysms; its progress, the different parts of the body where it settles, have been described with a tolerable accuracy; but its true principle, its nature, continues enveloped with darkness. Conjectures upon conjectures, systems upon systems, have been proposed by

by the ingenious professors of physic in every department; urged by a laudable zeal, the promotion of health, in which our chief terrestrial happiness consists. That this disorder should thus stand singly characterised as undefinable, is wonderful, and shews there must be something mysterious in it, worthy of a further inquiry.

In the creation we observe in different species, a scale of gradation, gradually lessening, or increasing in bulk, strength, beauty, malignancy, or wisdom; one above the rest, is marked as possessing peculiar characteristics, which eminently shine, and claim our notice, in preference to others. Thus the sun stands unrivalled in splendour amidst the planetarian orbs. For the palm of grandeur among the beasts, who will contend with the lion? where will be found the bird that will vie in majesty with the eagle? or with gold among the minerals? the diamond amidst precious stones? In the mental faculties the same scale is continued; though it has not been attended to, we shall find the same cause for the like remarks amongst poisons and diseases: at the head of the latter, we cannot hesitate to rank the Gout as chief, whether we consider its Proteous nature, its dignity in chusing its companions as objects of resentment, also the vital parts of the body to prey on, its duration in tormenting, its effects in maiming and killing, its unsearchableness.

However people may affect to make a mystery of the cause of the Gout, yet there is not a disease to which the human body is liable, but has an origin, even from the

unperceivable embryo of disease, to the glaring painful symptoms that time produces: although, as in the case before us, it has not been clearly explained what the Gout is, we trust every one will rather impute it to our want of power to penetrate the maze of Nature's walk, or to a full comprehension of the human fabric, rather than there does not exist one certain cause of the Gout. The present subject of our inquiries, perplexed as it is, attended with difficulties, or surrounded with prejudice, so much the more ought our ardour to glow in the laudable search of this intricate arcanum, thereby to expose this *Minotaur*, to whom so many victims have been sacrificed. In order to be enabled to unravel the labyrinth, we should use as a clue, such printed footsteps of the fiend as evidently mark the road in his frequent walk, by which we may the better trace him. On repeated observation, we find two remarkable places of the body subject to this tyrant's humour, on which he delights to sport; one in the stomach, occasioning a general alarm and dread, so that the patient will very readily agree to suffer any thing he pleases to inflict, provided he will take himself away from the citadel, and go into the suburbs: which humour in the stomach we shall endeavour to explain by what we see persons suffer, when under the influence of this evil spirit, commonly named the Gout in the Stomach, or Wandering Gout.

That this complaint demands a serious attention, experience every day justifies; for it is of an awful nature, striking terror to the unhappy sufferer, and those around him who are more immediately connected by
ties

ties of friendship. We scarce know unto what similitude we shall compare it, that we may with propriety describe its fascinating power, whose malign effects, though felt, cannot be comprehended: when a person is seized with it, he is in an instant as if all his limbs and nerves were fettered; a stupor prevails; a numbness creeps through the whole frame, vibrating on the fibres; the lips, though unperceived by others, feel convulsed; such is the languor, that he has scarce power to move, speak, or think; the least interruption throws him into a violent agitation, which renders him totally unfit for pleasure or business. To this complaint Sir W. Temple alludes, when he says, "I remember one great minister that confessed to me, when he fell into one of his usual fits of the Gout, he was no longer able to bend his mind or thoughts to any public business, nor give audiences beyond two or three of his own domestics, though it were to save a kingdom; and that this proceeds not from any violence of pain, but from a general languishing and faintness of spirits, which made him, in those fits, think nothing worth the trouble of one careful or solicitous thought. For the approaches or lurkings of the Gout, the Spleen, or the Scurvy, nay, the very fumes of indigestion, may indispose men to thought and to care, as diseases of danger and pain."

Sir WILLIAM TEMPLE, in his tract on the Gout, further observes, that "The vigour of the mind decays with that of the body, and not only humour and invention, but even judgment and resolution, change and languish, with ill constitution of body and of health;

“ health; and by this means public business comes to
“ suffer by private infirmities, and kingdoms or states fall
“ into weakneses and distempers, by the diseases or
“ decays of those persons that manage them. Within
“ these fifteen years past, I have known a great fleet
“ disabled for two months, and thereby lose great oc-
“ casions, by an indisposition of the admiral, while he
“ was neither well enough to exercise, nor ill enough to
“ leave the command. I have known two towns of
“ the greatest consequence lost, contrary to all forms,
“ by the governor’s falling ill in the time of the siege.
“ I have observed the fate of a campaign determine,
“ contrary to all appearance, by the caution and con-
“ duct of a general, which were attributed, by those
“ that knew him, to his age and infirmities, rather than
“ his own qualities, acknowledged otherwise to have
“ been as great as most men of the age. I have seen
“ the councils of a noble country grow bold, or timo-
“ rous, according to the fits of his good or ill health
“ that managed them; and the pulse of the govern-
“ ment beat high or low with that of the governor; and
“ this unequal conduct makes way for great accidents
“ in the world. Nay, I have often reflected upon the
“ councils and fortunes of the greatest monarchies,
“ rising and decaying sensibly with the ages and healths
“ of the princes and chief officers that governed them.”

Patients, when under this dilemma, are reduced to the unhappy desponding state so often mentioned, that death, which appears terrible to the healthy, is by them courted as a remedy to deliver them from their fears and their sorrows; they rather may be said to slide into his arms,

as persons wearied insensibly drop asleep. This accounts why so many destroy themselves, when under its influence, who feel all those ills they complain of, which others think imaginary; to use the words of the poet, they are ever ready emphatically to pronounce, "Take any shape but that, and my firm nerves shall never tremble." If it was not something peculiarly distressing, would patients express so much desire to suffer any bodily pain in their hands and feet, so that the mind may be relieved from these terrifying apprehensions?

To sum up, in a few words, the various dreadful appearances of this terrible malady—The Gout is a nervous disease, assuming a variety of shapes, and forms. It has sometimes been mistook for hysterics, hypochondriac affections, cholics; at other times, for rheumatic complaints, lowness of spirits. Like as the PINE-APPLE is considered as containing the taste and flavour of many different fruits, so a great many disorders of the body are, under different appellations, to be found in the Gout. Hence, when the complaint is in the stomach, it is apt to cause a weakness and sickness, so as to disagree with almost every thing it takes; by corroding the nerves of that part, spasms, or numbness on the face, as it were a paralytic stroke, will result. When this happens, the patient will be uncommonly cross and peevish. If the bowels should be disordered, pains, gripings, and a continual going to stool, will be found to follow: or, when the hands or feet are affected, frequent cramps and burnings, with a fixed pain till they swell, will be the consequence.—That the Gout and Scurvy, take their course from the same

same principle, is what we venture to assert on the fullest assurance derived from experimental observation.

Notwithstanding the Gout and Scurvy proceed from the like cause, their symptoms and consequences are very different. The Gout, for instance, attacks the patient in the meridian and decline of life, by fits at various periods. The Scurvy visits, without distinction, both youth and age, in a number of shapes; continuing sometimes only during the spring and fall, and at other times all the year. The former afflicts only part of the body, the latter very frequently the whole. The gouty matter, though ever so severely felt, is often unseen*, while the Scurvy is apparent to the eye. Those persons who are afflicted with the Gout, are often confined to their chamber, deprived of rest and every rational amusement; while those who have the Scurvy, are active, and able enough to follow their usual vocation. The Gout is considered as a respectable complaint; the Scurvy a despicable one. The first is slower than the last in its progress, when felt, rages with a much greater violence. The Gout affects the nerves, tendons, membranes, and ligaments; the Scurvy chiefly the blood and skin, accompanied with heat, irritation, and a copious discharge of purulent matter. An acid indi-

* The pains felt in the limbs of a person afflicted with the Gout, because not being seen, are wondered at; yet we do not express any motion of surprise, when a pimple on our finger is in pain, which we cut, and let out the venomous matter: the one owes its rise to bad humours as well as the other, only lying deeper among the tendons, we are afraid to make an incision on the affected part.

gestion

gation and a flatulence attend both, and either may be produced by intemperance, inactivity, &c. The fact is, the difference lies only in the effect resulting from the similitude. If that effect is the introduction of an acrimonious humour into the blood, the Scurvy, accompanied with all its direful train of appendages, such as dry or moist scurfs, pimples, ulcers, fevers, &c. will be the consequence. If, on the other hand, a volatilization of the most subtle particles of the confined matter should take place, it will be found to introduce those violent ravages so well known by the name of the Gout. Hence, we are encouraged to place it in our mind as a fixed axiom, that this disorder is owing to a volatile, corroding matter, raised from the mixed fermentation of sundry incompatible foods, degenerated into a rancid sourness, in the first reservoirs of the stomach.

That this malignant humour proceeds from a redundancy of various substances, naturally impressed towards the skin, by the laws of gravity, is what we hesitate not to assert, with a confidence well founded on the amplest experience. If we take a basin with a number of small pipes, regularly varying in their dimensions, depending on one another, we shall plainly perceive, according to the quantity of water that may be placed in it, it will be forced through these small tubes, agreeable to the degree of pressure made. It is thus we reason with respect to the human frame. The stomach is the reservoir into which our food is taken, and from which it is conveyed through all the different meanders of the body, including even the smaller capillary vessels; therefore if too great a weight of it is received, it

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must

must inevitably press and force the contained matter into the next small vessels, they on the still smaller ones, each tube ramifying the other in proportion to that weight. Hence, if a quantity of food, greater than the stomach can bear, is forced into it, it cannot but be obvious to a moment's reflection, that the coats thereof must consequently be stretched, and rendered unable to perform their digestive powers. The effect of such violent intrusions on the prescribed bounds of nature, must be equally evident. When the stomach is thus surcharged, its food presses on the lungs, straitens them, and deprives them of room for their accustomed vibration. Pain, inactivity, stupor, crudities, palsies, inflations, fetid breath, weak eyes, head-aches, nervous disorders, and fevers, sooner or later ensue, and form the symptoms which every scorbutic or gouty patient complains of at one time or another. Nor can it possibly afford any circumstance of wonder to a thinking mind. They are but the *natural* consequences of such imprudences; though the disease may be inconsiderable at first, the error being daily repeated, an imperfection, or relaxation of the solids, is sure to be brought on. The cutaneous absorbents having their mouths too much dilated, receive large and noxious particles, which presently obstruct and corrode them; the obstructed matter putrefies, and is, by the more fluid state it acquires by putrefaction, conveyed into the blood through the same absorbent vessels, which are a species of the lymphatics. When this morbid matter becomes once introduced to the blood, and intimately mixed with it, as it is by circulation, it never fails to act as a *septic* ferment, to corrupt the whole mass of fluids, and, after
some

some time, to reduce the body itself to such a situation, as to be approximating very fast towards a state of putrefaction.

How so temporary a matter can create such a malignancy arising from indigestion, aided by weakness or heat of the stomach, together with the effluvia of the confined putrid air, so as to vie with other poisons, and act the same, only in an inferior degree, in one person breeding the Scurvy, and in another the Gout, is amazing; or that food, designed to nourish and support the human structure, should change its nature into the reverse, and be the means of debilitating and destroying the body, requires further consideration to elucidate points so important for the discovery of that misery which so many thousands labour under. That the foundation of these ills often lies in the patient, must be acknowledged; for however humane our disposition may be to our fellow-creatures, and even to the beasts of the field, we are to ourselves severe task-masters, frequently impose on our stomach to perform the greatest inconsistencies, nay impossibilities; for to expect that machine to grind and dissolve, fit for nutrition, a greater quantity of aliment than is required to support nature, which quantity is rendered worse, as it consists of viands opposite in their effect to one another, cannot fail, when thus blended, to compose a strange indigestible medley, one ingredient counteracting another. Whatever ills we suffer from the stomach's not being able to complete our wish, we have but little reason to complain, who throws the food back in our teeth with contempt, attended with bitter or sour reproaches. To give language to the stomach, it

would say—"See there the effects of your intemperance! had I distributed this acrid fluid to the other vessels gaping for food, what sort of blood would have been produced, or what pains would you not have suffered? Learn therefore to listen to my dictates, be no longer a slave to taste, whom to please, you torture me, and punish yourself with all those plagues not designed by the Supreme Being." Diseases do not arrive at their height but by gradual and different stages: all constitutions are not equally alike, each has its tendency, its aversions; all are subject to accidents; few being able to boast an exemption from some vexatious malady or another. If you enter a large room of company, who have seen their fortieth year, examine them, you will find each has a JONAH'S worm, which renders their situation in life so irksome, that one would be tempted to imagine some peculiar disease was destined to wait on each person, as an attendant through the journey of life. To some the lot that is drawn is marked Scurvy—or Gout; to others the stone, the dropfy, or consumption, &c. each must abide by his chance, and contend with the disease; all the diseases assuming a mask, as if they were dependant on different causes: each may be made worse by abuse; all may in some measure be remedied, by paying an attention to the stomach; for when it is of itself naturally weak and depraved, or made so by our inattention, crudities will abound, and change the blood from its balsamic nature, to a rancid, sour one. When this sharp, acrimonious humour is mingled with the fluids, or rather the whole fluids thus changed, it will produce in course an inflamed blood, and occasion a sluggishness through the whole machine, which

which being repeated brings on the Scurvy, as already hinted. On the contrary, this sharp active humour arriving to that height of acrimony, as to wear off the mucous matter of the stomach, corrodes the nerves of it, whose exquisite sensibility is such, that it throws the whole frame into disagreeable sensations, or convulsions. To this complaint are owing the epileptic fits in children, to this cause nervous persons suffer by hysterics; to restore them, they are often plagued with nauseous medicines, such as *asafoetida*, &c. first introduced to scare away the disease, and rouse the patient from the fit, all founded on wrong principles; therefore no wonder then they should prove inadequate to the purpose. That this poisonous humour is the progenitor of the Gout, is evinced; for if the irritation of a single nerve is so acute as to occasion the unspeakable pain in the tooth-ache, can we expect to feel less when a general alarm takes place in the nervous system, which creates those terrifying effects, known by the appellation of the Gout in the Stomach? That there is an offensive matter no one disputes; the universal cry against the enemy is too notorious: that we do not understand precisely its true nature, we must infer from the readiness of every one to expel it from the stomach, and their anxious desires to fix it in the feet. If the question be put to the faculty, what is the complaint they would wish to dislodge? seldom any other answer is returned but this equivocal one, *the Gout in the Stomach*. Dive as deep as you please in this unfathomable pit of perplexities, nothing more appears on the surface, but the characteristic of this grievous malady. The uncertainty relative to the humour of the Gout, is also apparent in the very mode of their
pro-

proceedings to force the enemy from his residence; otherwise Madeira wine* never would be indiscriminately recommended, and other strong inflammatory spicy libations, sometimes joined with opiates and purgatives, to quiet and expel him, or rather to rivet him to the hands and feet. Fatal error! the grand stumbling-block to which so many owe their misery! The very means made use of to extricate themselves, serve only to fix them in the monster's snare the faster, and shew the folly of thus continuing a course, that only entangles the more, by following pilots who display their deficiency of skill by their very proposals: otherwise, why drive it out of the *stomach*, only to lodge it in another part of the body? Why not attempt to stifle the hydra in its infancy, and prevent his growth? at least, endeavour to weaken him in his first workings, when the stomach proclaims the enemy's approach? Not a fly, when he quivers on the web, gives surer notice to the spider that his prey is nigh, than the sickness and uneasy sensation, felt in the stomach, indicates that a something is breeding which nature is terrified at, and would if possible shun.

In complaints of the stomach, proceeding from a torpid coldness, or cramp, attended with an acute pain, the sufferer should not hesitate a moment to drink some liquid of a vinous or spirituous cordial or purgative, as it requires immediate assistance: in this case even brandy

* Why is Madeira wine so strongly recommended to keep it out of the stomach in preference to others? Has that less of the inflammatory spirit in it than other wines?

will only seem as water. The disorder of which we have been speaking is different from this; we flatter ourselves, the afflicted will understand it in this light: how far we may be right in our opinion, that what we have related are the effects of the Gout in the Stomach, let others dispute, and prove it otherwise. This we know, there do exist, and too often, such complaints as we have alluded to, and terrible vexatious ones they are: the patient does not always throw up an acid fluid, when he feels a sickness in the stomach, or uneasy spasms on the face, because the stomach can only produce a quantity of froth, having received no aliment for several hours before, which proves it to be a volatile fermentation. Persons under these circumstances are apt to fly to cordials to remedy the evil; or, attributing the fault to a foul stomach, repeatedly take vomits; all which, instead of having the desired effect, render the malady worse. We think ourselves happy in having communicated to the afflicted, a remedy for this complaint, which is neither costly nor scarce, whose good effects have answered the wishes of those whose lives have been rendered almost insupportable, who have acknowledged it in the most obliging terms of gratitude. We do not recollect where it failed of giving some relief: a single trial is sufficient to prove the assertion*.

What

* *Directions*: When you find any sickness, or uneasy sensation, throw off the offending matter from your stomach; then take of salt of tartar, or of wormwood, from ten to fifteen grains, or as much as you can take up with a sixpence, on which squeeze the juice of a lemon, in a cup; stir the froth about whilst it hisses, so that the salt may be dissolved; then add a wine glass, near
a gill,

What the nature of this peccant fluid is, let us consider further; we have said it is an acid. In order to corroborate the assertion, we shall produce as evidence, persons who are subject to this complaint. How readily they start at the very idea of acids, and complain of some wines; more particularly of that liquor called punch, as having an immediate tendency to breed the Gout; which brings to their remembrance what is thrown off the stomach, being of a peculiar corrosive acid nature*, capable of producing all those dreadful symptoms we frequently hear the patients complain of, that it may, with great propriety, be compared to those poisonous effects experienced by the bite of venomous creatures: nor shall we find much difficulty in being certain of it, when we reflect on the amazing celerity with which any thing of an acrimonious nature, externally applied, penetrates the inmost recesses of our fabric; whence we must be sensible that a poisonous

a gill, of cold water, and drink it; the diseased generally find immediate relief. Observe, it is a safe medicine, and may be repeated two or three times a day, if required; the taste of the draught should be rather acid; where a lemon is not at hand, vinegar may supply the place.

* In the Medical Observations we read of a person, long afflicted with the Gout, being relieved from it by throwing up a thin, greenish, sour kind of liquor, so sharp as to equal the strongest mineral acid in acrimony. After he had done this, to the quantity of about three half pints, he was immediately eased from his pains, slept five or six hours, and, bating a little swelling and tenderness in the feet, nothing of the disease remained; so that in two days time he was able to go about his ordinary business.

matter in the stomach is more volatile, as it is encouraged by the constant heat of that part. In the bite of a viper, how imperceptible are the drops of liquor instilled by the animal into the wound! That this viperian drop is of a most subtle nature, no person will contend, since it rushes into the animal system, and diffuses itself with such an amazing swiftness, that the whole body, in a little time, is known to be dreadfully convulsed. When we are saying this, we must, however, be understood to mean no farther than a comparison of the attack only, not of the consequence, as the poison of the viper is often the cause of speedy death; that of the Gout is incontestibly a poison in a less degree of malignancy. The bite of a mad dog*, inasmuch as it infuses a sort of poison, longer lurking about before it breaks out into any symptoms, subsiding again for a while, then returning in fresh fits by a continual succession of rage and peace, might perhaps, in point of consequence, claim a preference to that of the viper, though the deposited matter which produces the madness, is, as well as the other, a volatilized fluid. So likewise is a certain other one that taints the blood after impure acts of cohabitation, which occasions particular pains to be felt shooting through the body, attended with head-aches peculiar to this complaint, in the course of twenty-four hours after receiving the injury; all, as far as volatility goes, resemble one another. The only variation is, the one (the Gout) we internally breed ourselves, and all the others we receive from outward accidental occasions. Therefore it is plain, the

* Keeping the wound open facilitates the cure of the bite of a mad dog sooner than any other circumstance.

humour of the Gout shews itself, in its peculiar malignancy, as bearing strong marks of its affinity to the nature of poisons: and, pursuing the same track, if they affect the nerves and tendons of the human body, so does the Gout; and is the cause of those excruciating pains attendant on the Gout, owing to its preying on the nervous fluid. What that nervous fluid is, we shall endeavour to explain, by considering the difference there is in the liquids that belong to the human body.

In the Cyclopædia, or Dictionary, on the word Animal Spirits, the following explanation is given: "Animal Spirits are a fine subtile juice or humour in animal bodies, supposed by many to be the great instrument of muscular motion, sensation, &c. The ancients distinguished spirits into three kinds, viz. animal, vital, and vegetative; but the moderns have reduced them to one sort, viz. animal; about the nature of which, and the matter whence they are formed, great disputes have arisen amongst anatomists, though their very existence has never been fairly proved." "In the History of the Royal Academy of Sciences in Paris, An. 1759, there is an ingenious memoir on this subject, by Mr. BERTIN; he undertakes to prove, that the nervous fluid, or animal spirits, circulate; that if they depart from the brain, they return to it by the nerves: in short, he proposes to form the course of this fluid into a system of circulation, less demonstrable indeed to the senses than that of the circulation of the blood, but in other respects, grounded on equally solid reasons. As it is hard to define what could never be brought under the judgment of our
senses,

" senses, all that we shall here offer concerning them is,
 " that they must needs be extremely subtile bodies, which
 " escape all manner of examination by the senses, though
 " ever so well assisted, and pervade the tracts of the
 " nerves, which yet have no discoverable cavity or
 " perforation ; nor could ever, by any experiment, be
 " collected, yet are constantly moving in vast quantities,
 " as they must of necessity be, to perform all those
 " mighty operations which are ascribed to them.
 " However, the antiquity of the opinion claims some
 " reverence.

" By the help of these spirits, we are furnished with
 " a vast number of precarious solutions of great phæ-
 " nomena ; and without them, we must leave a great
 " chasm in the philosophical history of animal bodies.
 " But, after all, the phænomena that would in this case
 " be unexplained, are, it may be to us, inexplicable.
 " They are supposed to be separated in the brain, from
 " the subtilist parts of the blood ; and thence carried
 " by the nerves, to all parts of the body, for the per-
 " formances of the animal and vital functions."

As the author of the above quotation seems to doubt
 the possibility of producing satisfactory proof of the ex-
 istence of these spirits, we shall draw a comparison from
 the vegetable creation, in which, if we can prove to a
 demonstration, of different fluids existing, and possessing
 power superior over others, in the same plant, we do
 not see how we can hesitate to allow the same acting in
 our bodies : let us try the experiment analogically :

Animals, and plants composed of various parts, have several fluids appropriated to each distinct office, to cherish and enable them to exercise their proper functions; two of which particularly claim our attention, and are so closely connected with each other, that should either be drawn off or injured, not only disease and decay would ensue, but a total deprivation, sooner or later, of life itself. The first and most essential fluid in man, is the animal æther, which, from its peculiar quality, is termed the nervous one, consisting of the finest spirituous volatile particles we can possibly imagine, not seen, but most admirably dispersed over the whole body. In fine, as the heart is the centre of motion to the blood, in like manner is the brain the centre of motion to the nerves, containing the principles of health and life.—The second vital fluid is the blood, composed of aqueous, gelatinous, sulphureous, and terrestrial parts; the latter of which, while it exceeds the other three in quantity, falls infinitely below them in point of quality. These two different fluids cannot be better illustrated, than by a reference to the plants of the field, which carry in them two distinct fluids, analogous to those contained in the human body, namely, the essential oil, which corresponds with the animal æther; and the sap of the plants, which may be compared to our mass of blood,

All vegetables contain fluids, which consist of gums, oils, and resins. The two last, being acted on only by rectified spirits, we call spirituous, and answers to the nervous fluid in man. As these abound, so the plant is more or less fragrant, condensed, or preserved from injuries;

injuries; inſomuch, that ſome plants, having this animating juice to a great degree, are found to keep conſtantly green. The other liquor is the ſap or gum, which is analogous to the blood, and is of an aqueous kind; and when proper menſtrums are uſed for the purpoſe, they will act on the plant, ſo as frequently to extract the one and not the other. To exemplify—If we take the green leaf of an herb, and ſteep in in rectified ſpirits of wine, we ſhall ſoon draw out all the green colour, together with the oily part; the leaf will be reduced to a ſkeleton, the ſolids appearing more plain and are eaſily crumbled to pieces.

It is here we would call the attention of the Reader to a true emblem of a man afflicted with the Gout, the peculiar property of which diſorder ſeems to act by preying on the nerves, as is plain from the effect; for as this nervous fluid abounds, ſo the health and ſtrength of the perſon is better enjoyed. It is, in fact, the preſerver of the ſolids; while it continues to run freely through the whole body, chearfulneſs is the natural conſequence. But as the plant, when deprived of its ſpirituous particles, ſoon fades, ſo man falls into diſeaſes whenever this fluid is affected; for it is the main ſpring of life, and tends to preſerve man in a more durable ſtate, giving him health and ſpirits, in the ſame manner as the vital oilous part nouriſhes and defends the plant. Now this fluid cannot be extinguished in its acting powers all at once, unleſs by inſtantaneous death; but may be impaired, as acids corrode, ſtudy conſumes, exceſſive heat, venery, &c. diminiſh; paſſion abſorbs; inactivity contracts and ſtagnates. Thus would the human frame
soon

soon go to wreck, were it not for the intervention of some relief. For which reason, an all-gracious Providence has benevolently ordered, that every animated being should have rest to replenish the waste, as it becomes, from time to time exhausted. But if the rest is insufficient to repair the breach, the oily quality, as we have before observed, being unable to defend the particular nerves, they become exposed to the invasion of any humour, or heterogeneous matter in the blood or body, and fall a prey to colds, frights, hysterics, rheumatism, and the Gout, in proportion as this volatile fluid happens to be affected.

As this precious balsam, this lamp of life, this spirituous æther (for which no epithet can be too expressive to convey a just idea of its importance) is but small, compared with the other parts that constitute the body, the diseases are but few which fall immediately upon it, but more dreadful than any others. Hysterics are those which afflict the women, as the Gout does the men, both incurring the character of nervous diseases; for most of the other numerous disorders that fasten on mankind arise in the blood and viscera, and vitiate the nervous fluids through their sides; wherever this fluid is found to be defective, or injured, whether in the eye, ear, brain, or elsewhere, painful or paralytic sensations are often the consequence.

To illustrate the comparison still further.—Take a leaf and steep it in hot water, till you draw out the gummy aqueous parts, the leaf will appear more beautiful in colour than when put in, because the terrestrial
parts

parts being drawn away, the fine oily ones, wherein its colour is proved to consist, are preserved pure. Thus it is that trees, having a larger quantity of oil and resin, to keep them in cold and tempestuous weather, appear green all the year round. The more oil and resin deposited in the vegetable, the more pleasing and durable aspect it will afford to the curious spectator. So in man, the more he has of this spirituous fluid, the stronger he is; the nerves, and all the solids, deriving their strength from this invigorating article. Thus the reason will be easily adduced, why that part of the human structure which is affected, should be felt to suffer so severely as it does, whether it be in the foot, stomach, brain, or bowels. As no one can conceive how exquisitely fine the fibres that compose our bodies are, so the æther which supports and nourishes them, must be of a superlative nature, incomprehensible and inconceivable to corporeal matter; for nothing less than a full demonstration of such volatile fluids existing in our fabric, can account for the acute pains experienced, when they are affected by poisonous vapours.

These are the noble parts of the human structure, which this chief of diseases feeds on: nor is he less delicate in choosing his objects of resentment, even to a proverb. Long has it been remarked, that the rich, the studious, the voluptuous person in high station of life, honoured with important trusts, often falls a victim to his unbounded voraciousness, in preference to the labouring Hind. His manner of attacking is different from other maladies. They often dart, and kill at once: some, indeed, make regular advances, and retire, leaving

ing the patient a certificate as a pledge of their returning no more. This invader displays his subtilty, by first raising apprehensions to terrify the objects of his spleen into his toils, then leisurely setters and confines them as state prisoners in their chambers. If they are indulged to go abroad, his badge accompanies them. If they murmur at their irksome situation, a mirror is displayed, which represents to the sufferer's view, a number of his slaves, whose consolation seems to consist in making comparisons, congratulating one another, and patiently waiting for their release. Thus, whilst the attention of the afflicted is drawn off, and deeply engaged to disentangle their hands and feet, the Tormentor is busy in sapping and destroying the fountain of life, being determined to kill at the last, in order to complete his number of yearly sacrifices.

Should it be thought we are too free in characterising the Gout, we have only to add, in the medical libraries you will find a numerous collection of his portraits drawn in fable colours, in different attitudes.—What has been the effect—but a tendency to impress our minds with additional terror, already too much burdened by our childish fears? Our hatred keeps pace not only against this Usurper, but his assistants. A greater promoter of the cause of either the Scurvy or Gout hardly can exist than melancholy. Neither does our mode of expression arise from any consciousness of superiority in skill, being too well convinced we shall fall short in solving this Gordian knot. After all our labour and researches, diffidence will best adorn the page of the inditer, whose wish centres in an affectionate desire to rouse the attention of the afflicted

afflicted, to use their own reason, nor let any longer idle tales*, propagated by error and surmise, remain as a bar to this Hydra's cave; whose fort, we do not scruple to say, is not impregnable. His beginnings may be traced, his various intricate windings unfolded, and, if not totally subdued, may be withheld at a distance, so as to render life desirable in this transient wilderness, where the scene, when viewed from the pinnacle of health, oft, in a moment unexpected, changes to the vale of infirmity; for the Gout is no more than a natural consequence derived from our fluctuating passions, our mode of living, the imbecility of our bodies, preserved only in a tolerable state of sanity by attention and industry. The least relaxation on one side, the too free indulgence on the other, is sufficient to create ills which require time, sagacity, resolution, and perseverance, in order to repair and beautify the human

* No disorder, perhaps, requires greater attention, or more judicious treatment, than the Gout. The general notion, which people have so strongly imbibed, that the gout is incurable, has, by the countenance received from the writings of many of the most celebrated and able physicians, raised such a strong prejudice in the minds of the generality, that they are totally deaf to all reasoning, lost to hope: so firmly are they persuaded that no relief can be expected from art, the cure is left to nature; Patience and Flannel are become quite proverbial among the Arthritics. In consequence, it is amazing to see what pains the patients take to increase the inflammation, by wrapping up their feet in wool. On this occasion Sir WILLIAM TEMPLE jocosely said—"They make much of the Gout as soon as it comes, and yet leave not making much of themselves too: they take care to carry it presently to bed, and keep it safe and warm; and, indeed, lay up the Gout for two or three months, while they give out that the Gout lays them up."

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structure,

structure, to render it fit once more for action, in the station assigned to it by the great Ruler of the universe—A narrow path for man to tread, to whom censure often is hastily imputed, as if he was a perfect free agent; for we cannot deem that creature free, who is not master of his own temper and passion at all times, and in all stations of life; we are of that pliant nature, so easily impressed and tossed about, ruffled by little trifling accidents, which we know is a folly to give way to; yet we can no more help it, than the water being raised in curly waves when agitated by the wind. These little incidents bias our frame, and are sufficient to create ferments, which not being checked by us, or awed by law, may burst forth either to our own destruction, or that of another. Free we are in many respects, and seemingly quite so to others, who think we may choose either to go or stay, to commit or desist in an action, perhaps neither justifiable to conscience, or to the world. Yet every one carries within himself some secret force, or agitation, which, at certain periods, urges him to proceed, though with reluctance, to the very point where he dreads yet longs to dwell, until the ardent fire is quenched, either by fruition or repletion, regardless of the consequence: it is only owing to the prudent management of steering our bark through the gulf of these necessitous circumstances, that we escape accidents which must happen to the heedless, indolent wanderer; so that by attention, in a certain degree, it is in every one's power to obtain or shun the Gout, or some other disease, prolong life or shorten it, make it agreeable or miserable, respectable or contemptible.

"Man," it is said, "cannot live by bread alone;" which also implies, he cannot live without using a multiplicity of means for his support and preservation, to keep in continual motion his machine, even from the infant state to decrepit age. There must be a continual supply given the body to enable it to act; and there must be a continual exertion of the mechanic powers, which are so far from being weakened or hindered in their functions thereby, that it affords him encouragement to continue, by giving additional strength: this is not instanced by one action only of our bodies, but in general; even the lungs are strengthened by reading aloud. Though man is impelled to move in his orb by constant circulation, he seldom fails, when occasions offer, of paying a compliment to his ease; by this means disorders steal on us imperceptibly; which rendering the situation irksome, rouses his attention to shake off so disagreeable an intruder on his peace.

We have often sympathised with the patient, whose vocation and circumstance have chained him to a spot where nothing but a miracle, or total change of living, could promise a respite from this inexorable disorder; where the patient, as to diet, has been abstemious to a fault: but for want of a more active employment, a purer air to breathe in, and, what is most material, an easement of mind, he is bowed down with an incurable malady beyond the reach of medicine; which brings to my mind an anecdote of a physician who attended on a lady several times, but generally found her worse. She endeavoured to hide the real cause of her complaint, and begged he would not trouble himself to pre-

scribe any more, as she knew it was to no purpose. His penetrating genius, aided by a benevolent heart, the greatest ornament of human nature, persisted in trying his skill once more, which should be the last prescription, if it failed. When he was gone, instead of an unmeaning scroll, a jargon of technical terms, a bill on sight, drawn on his banker, stood apparently suitable to her present wants, which did honour to the prescriber.

The rich, having a greater opportunity of enjoying their ease, and the power of gratifying their taste more than others, to whom fortune has not been so liberal, is one reason why this disease falls to their peculiar lot, which may be accounted for agreeably to the rules of mechanism; if any machine is neglected, or a greater weight is laid on it than it has power to bear, the consequence is a stoppage, or a fracture: in either case it must prove prejudicial. It is obvious, the Gout in the feet is a distinct disorder from that generally complained of in the stomach. Though time immemorial has sanctified a farce commonly acted, with a design to expel the gouty humour out of the stomach down into the feet, in order to make the charm have its proper effect, stimulative medicines are given to facilitate the desired wish; yet we will be bold to say, a fit of the Gout in the feet cannot be produced by the medical arts used to draw it out of the stomach, without they first can explain what that hocus-pocus matter is composed of. Persons who are subject to the complaint named the Gout in the Stomach, are of a constitution too weak to bear repeated strong purgatives, without a manifest injury.

jury. Secondly, Gouty matter settles, by the laws of gravity, in the hands and feet, and is exemplified in those persons who live freely, giving way to indulgence, trusting to the strength of their constitution. Our fluids, like many others in the world, are only moved by certain degrees of heat: thus that heat which will cause lead to flow, has no effect on silver: there must be a warmth to keep the blood in circulation. In the fluids in the human body, there is a certain heterogeneous matter of a sluggish nature, which requires a necessary heat to dissolve and raise it, and nothing but action will keep it suspended. Now, as the feet and hands are at the extremities of the body, they do not retain the heat in equal proportion with the rest, therefore only the finer or more rarefied part is returned back; the dead inactive matter is chilled and left behind, and forms that unnatural offspring, which afterwards hardens into those obstinate swellings called nodes, chalk-stones, &c.

As a proof that the effect of the Gout proceeds from a natural cause, one circumstance may elucidate, which is frequently seen, without creating any emotion of surprise, in aged horses; viz. when they stand in the stable, using little or no exercise, their ancles inflame, swell, and become lame or gouty. We are strengthened in this opinion by another striking similitude of the effects of indolence, observed in children labouring under the disease of the Rickets: the joints of their hands and feet are attended with swellings, and so keen a sensation, that the least touch, or even an offer to move them, creates a dread and pain so exquisite, that it forces them to utter their feelings in piercing cries, expressive of

of the distress they undergo*. The cause of this infirmity is not so much as questioned: it is universally ascribed to bad habit, and want of proper attendance in the nurse in exercising the infant.—May not they be said to have the Gout in miniature? Do not these complaints throw some light on our benighted inquiries, and prove that there are two sorts of Gout; the one a nervous one, offending the stomach in particular; the other proceeding rather from inactivity, affecting the feet and hands only of the person, whose constitution is otherwise strong, and will digest any food or drink he takes, without meeting any perceptible inconvenience on that account?

Relative to the nature of the gouty matter, various opinions have been formed; though a corrosive acid preponderates in weak habits, thereby a multitude of nervous and gouty complaints are created in the stomach, yet we do not read of any known instance, where the blood drawn from gouty persons has imbibed any acid taste; yet by the repetition, and the disordered state the patient is continually thrown into, owing to this circumstance, the blood and other fluids revolving in the body, must be affected and infected by poisonous taints. Others have asserted, that the matter which causes the Gout is of an alkaline nature; as a proof that it is

* Grown persons have endeavoured to infuse into the breast of the by-stander an idea of their sufferings, by comparing the pains they feel, to the supposition of a dog gnawing their flesh. The pressure of the cloths, although lightly put on, is scarcely bearable. The shaking of the room, or walking briskly over it, are motions which harass the nerves to a degree of distraction, and visitors are admonished not to give offence by a careless step.

so, they produce as evidence, the chalk-stones formed on the joints of patients, on which matter acids ferment and destroy, when it is separated from the joints. This does not form a satisfactory proof, nor lead us to a certain criterion relative to the cause; for are not these chalk-stones, which are thrown out on the extremities, the refuse of all the impurities of the blood? Can we judge of the pureness, richness, and strength of the spirituous waters or cordials, by reviewing and examining the dregs only left in the still? or can we, by observing only the *caput mortuum* which settles in the retort, conceive the powers or the beauty of the menstruum brought forth? or, will the ashes give you any idea what the coals were, did you not know it? For these reasons, it is hard to judge of the true nature, violence, and malignancy of the disease, either in its infancy, or when raging in its full meridian. Whatever the matter was in its original, in its progress it has many changes, variations, and at last ends in a painful inflammatory disease, attended with swelling, almost insupportable to the sufferer, if he was not buoyed up by hope, to expect a releasement after a certain period of expiation; so far as it threatens a dissolution to the human body, the word *alkaline* is applicable in its last stage. In other arts, we can easily discover the cause of a defect in a machine constructed by ourselves: not so in our body, because it is the work of one whom we cannot comprehend; neither can we fathom or explain the inmost recesses and operations of nature. Vain, therefore, will be our attempt to produce to ocular demonstration the identical matter—(struck on our bodies which are as capable of imbibing the semen of disease, as tinder does the

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the spark when flashed from the steel;) whose power, if not extinguished in the first glow, gains time to form itself into a mucous obstruction in the joint; which being nursed by heat, and fed with indolence, soon grows so intolerable as to overpower the patient.

That no censure should cleave to the Faculty, in not extirpating this adversary, Fame is introduced as lending her assistance to heighten the colour, and describe the force of this ravager, already sufficiently terrible, more formidable in asserting that the effluvia of the Gout is infectious; and when he can once gain admittance into a family, he becomes part of the inheritance. That several unaccountable phenomena have happened, contrary to the course of nature, we do not deny. From these circumstances we can by no means pretend to favour the report, that the Gout is infectious; nor do we know who would wish to prove it so; and, if proved, what an unhappy, melancholy situation would the patient be reduced to, by this additional evil! It is a lamentable sight to see a fellow-creature crippled: to hear his groans, when labouring under acute pain, is more so. If this was the case, that it could diffuse its malignant powers from one to another, who would be found striving to administer consolation or relief? The thought is so very contradictory, so repugnant to nature, and teeming with misery, that we heartily reprobate it, and put our negative to this absurd notion, however graced with any name. We rather think the circumstance which has countenanced this notion, to have arisen from some accidental cause very commonly met with.

A partner in life, or near relation, by long watching and close confinement with the sick, naturally contract gloomy ideas, joined with anxious hopes and fears for the welfare of their friend, which affects their health so much, as often to require the assistance of a nurse and doctor themselves; on which account, many have been induced to fancy they have caught the disease immediately under their inspection.

In asserting the Gout is hereditary, universal report, strengthened by our fears, has gained much credit. Wherefore do we cherish an opinion capable of creating much anxiety, and which answers no other end but to intimidate, that we may become an easier prey to the Gout, will be difficult to give a satisfactory answer. We conceive no good reason for acceding to a supposition, where many substantial arguments against it may be advanced. It is agreed, that the Gout does not always pursue the regular course of attacking father and then the son, but often lets the son go free, and the grandson shall be the victim: this indicates the chain is broke. That children from aged or sickly parents are not so strong as when proceeding from young and healthy ones, cannot be disputed; but in the case relative to the Gout, the parent suffers many years after the child is born, owing to his decay of nature, or other visible cause. There are many who have been said to die of the Gout, to whom a sedentary course of life, or uneasiness of mind, more properly might have been applied as the cause, lying at the heart, thereby hindering all the powers from moving in their proper spheres. It gives us pain to hear persons assent to such reports: we are all undoubtedly heirs of mortality; our whole life, as

tending to decay, may be said to be one continual disease: for these reasons, we will not allow of the Gout being hereditary. In order to illustrate our assertion, let us suppose a man very much afflicted with the Gout has three sons; the one he brings up to an active mechanic business, the second to divinity, and the third to the law: now, will all these have the Gout? or which is most likely to have it? temperance and prudence are supposed to preponderate in each. We say, the mechanic is not likely to have it, on account of his active employment: the divine has a fair chance for it, as his profession is not so active, and being of a studious sedentary cast: the third, who is bred to the law, from the intricacy, the perplexity, the assiduity, and very close application to writing and study, his occupation requires more than that of the divine, is a character wherein the Gout may naturally be looked for, and it is almost twenty to one he escapes: had the third son been bred a mechanic, and the first to the law, then *vice versa*, it would have produced the like circumstance. Now will any one say, that he who is brought up to the law, has it merely because his father had it?—We trust not. And this accounts why intense or over study, in the intellectual pursuit of favourite objects, stands a very common occasion of the Gout: a melancholy truth, too well established by the sacrifice of many a valuable member of the more learned part of the community, to be at this time of day called into question. Wholly absorbed in the contemplation of the work before them, the studious pay little or no regard to diet, sit up late at their nocturnal lucubrations, neglect all manner of exercise; and by an unremitted succession of thought, strain the nerves
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of the brain, till a pain of the head is produced, in the same way as the nerves of the eye become strained when looking too long through optical instruments.

When the Gout settles either in the hands or feet, a few general hints, for the consideration of the patient may prove serviceable, and render epistolary correspondence less necessary.

In this important crisis of misery, it will be proper to consider what state or appearance the gouty humour assumes, and to direct the patient to those remedies which reason points out and experience justifies; neither assuming too much, nor betraying a timidity in prescribing a regimen which many prove beneficial to the diseased. As constitutions, age, and circumstances vary, so all cases do not warrant the use of the like prescriptions. What is proper to apply in the first fits of the Gout, may not be so in a more advanced age, or when a person has had frequent returns of the Gout: it will, therefore, remain for the patients to select such prescriptions as either they, or their friends, judge proper to be pursued in so interesting a point.

It is evident to our senses, that Nature, who is our best and friendly admonitor*, when ruffled, doth cause these commotions to disburden herself of an acrimonious matter, which has imbibed qualities that render it totally unfit to circulate any longer with the fluids, but is cast off as far as the extremities, where, being too thick to

* *Medicus Naturæ minister, non magister est; & cum Natura, quæ optima morborum medicatrix, operari & agere debet.* HOFFM.

perspire through the skin, it is confined: each day's confinement adds fuel to the inflammatory matter, and is then followed with the most excruciating pain, swelling, weakness, lameness, and several other melancholy complaints, which render the state of the patient truly deplorable. Such is the exquisite sensibility of the disordered part, that the least touch creates an agonizing pain; so that it is no wonder the sufferer is glad to catch and embrace the most delusive phantom that promises a respite: did not experience teach us how fatal repellent medicines are, we should very readily accept the offer of promised bliss, and, for the loan of a moment's ease, pay back whole years interest of pain and anguish; so that this is a step to be particularly guarded against, and only such application used which will mollify the oppressed part. For this reason we have commended fomentations of warm water to the afflicted hands and feet, or to hold them over the steam of boiling water, and the swellings to be anointed with sweet oil, laid on with a feather, and to be wrapped up in fine linen, using as little flannel or worsted as the nature of the constitution will bear, or the weather require to defend from the cold; for woollen encourages the heat, and weakens the limbs. In this, and all cases of illness, regard must be paid to diet, to the body, to air*, and

* The ambient air is of such a nature, that, although pure of itself, it is easily corrupted by various obstructions, which contaminate this fluid, changing its preservative quality to a destructive one. This is experienced in crowded cities; where the inhabitants are sensible of it, and endeavour to remedy these inconveniences by a contrary one, viz. a change of situation, either

and exercise, As to diet, we ever esteem it as an unerring rule, that the less trouble you give the stomach on

these

either temporary or a more lasting abode. Thus we may notice those whose occupation detains them in large towns, where the air is confined, have recourse to a frequent walk in the country, or a rural mansion to retire to. Here different scenes, keener air, fragrant smells, are the natural consequence; by which means they are re-animated, a better appetite is enjoyed, the imagination expanded, and a fresh stock of recruited spirits acquired; which enables them to renew their vocations with vigour, and ease to themselves, until weariness and other accidental causes hint a repetition of the pleasing scene to be necessary. In this view it may be doubted, whether there is so much room for censure of a celebrated saint so often idolized by the labouring mechanic, as we frequently hear of; for, through an attention to sacrifice at his shrine on his festival day, many of the workmen are enabled to hold out much longer than they otherwise would do—(particularly in some manufactories which are very inimical to health)—provided they could abstain from partaking so freely of the libations generally poured out at their revels on St. MONDAY.

The necessity of drawing in fresh air for the preservation of life, is illustrated by the inconvenience soon experienced by persons who are crowded either in a large room, or even in a stage-coach—a difficulty of breathing—which is succeeded by a general coughing. Hence the necessity of ventilators, or of opening the windows. It would contribute much to health, were the chambermaid constantly to make it a rule to undraw the curtains, turn down the beds, and open the windows one or two hours before she made the beds, if the dampness of the weather does not raise a scruple to the contrary. Those who are sick, or confined to their chamber, as they are hindered from going out to the air, it is but reasonable to admit so friendly a guest, who would render the apartment more agreeable to the infirm, the visitor, and those whose office it is to attend them. The admission of fresh air is easily contrived, so as not to let it rush too sudden on the

invalid.

these occasions, the better; nor do we mean that you should cull all the flippings made use of, but that the food should be given but little in quantity, not denying the patient something suitable to his former mode of living, nor disregarding the calls of nature in those things which he fancies most; for seldom is that diet productive of a good end, which is forced on the patient contrary to his inclination. Milk is a food that is often spoken of as a diet proper for gouty people; but in a fit of the Gout, attended with feverish symptoms, it is improper: milk turned into whey with acids, is more suitable. Jellies made of calves feet, acidated with lemon, and some of the peel boiled in it, is an agreeable ingredient of diet, when a redundancy of phlegm, the sure symptom of a weak stomach, does not forbid. Also as a drink, lemon and water should be tried on certain occasions; if it proves too cold, a little brandy may be added. Good table beer is far from being a despicable liquor, and does not breed wind so much as many

invalid. Since things, and even Physic, depend on Fashion, thousands of lives have been saved in fatal diseases, as the small-pox, fevers, &c. since a cool regimen has been adopted, and letting in fresh air, sprinkling the rooms with vinegar, &c.

The city of London has received great improvements in the new paving the streets, and taking the signs down, which leaves more room for a free circulation of the air; were the water-pipes to be open at stated times, and let the water run down in large streams, it would contribute to remove much filth, disagreeable smells, and other inconveniences, particularly in narrow places where slaughter-houses are situated; for what is there of so much consequence in preserving life, as a proper attention to air and cleanliness? unless persons exert themselves in these material points, it is in vain to expect relief from the faculty.

imagine.

imagine. A change of diet in general is necessary, that the patient be not cloyed: if he complains of being feverish or costive, lenient purgatives may be administered; for this purpose, if Glauber salts, soluble tartar, or cream of tartar, dissolved in a little gruel, or a dose of tincture of senna, or of rhubarb, is taken over night, it will be found adequate to the desired effect, *viz.* a gentle motion: or even if a few French preserved plums be eaten frequently, it answers the end: should the patient be deprived of rest through pain, one or two tea-spoonfuls of the elixir paregoric may be taken at night in any liquid. A decoction of sarsaparilla and the seeds of fennel* may be drank warm going to bed, or occasionally in the day: the good effects of this decoction have been instanced by many persons terribly afflicted with the Gout. Also, when the person can bear it, let the afflicted parts be well rubbed with warm or cold vinegar, at night and morning. He should have his sheets changed every week, and his linen every day. The room also should be aired by opening the window or door, as the case permits. If the patient is able, he should walk about; and, as soon as

* To prepare this drink, the following directions are hereunto subjoined: Take of guaiacum dust or shavings, sassafras-chips, liquorice root, and gentian root, half an ounce each; of juniper berries and fennel seeds bruised, one ounce each; of sarsaparilla, four ounces; and of water, three quarts, wine measure. After steeping the ingredients six hours, boil it gently fifteen minutes; and just before it is taken off the fire, let two gills of brandy be added. When this is cold, it may be poured through a fine strainer, and bottled off for use; when the patient may drink from a gill to half a pint twice a-day, warm or cold, as he finds agreeable.

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possible, take a ride out in a carriage; or, if the weather prove favourable, walk a little on a dry soil, and then return in the carriage: where it is convenient, company should be entertained, who would contribute to drive the gloom away by cheerful conversation, and thereby facilitate the cure. The necessity of easy shoes, going to bed soon, rising betimes, are doctrines so well understood, that we need not inculcate them here. When a person finds symptoms of the Gout approach, known by a pain in the toe, the best method he can take is, to exercise himself by much walking: should it seem painful, yet he must persist, and he will find reason to applaud his resolution. Every one should have a jealous eye on the Gout in his first onset, and make it his study to prevent ensuing attacks. To cure the Gout, cathartics, emetics, and diaphoretics, when used to excess, though pretty much in use, are what we have always strongly objected to, as totally unavailing, and highly prejudicial. For as purgatives first act on the greater vessels, the supply usually given to the smaller ones is unavoidably cut off, and nature not only thereby weakened, but the blood is impoverished; what nature too may have thrown out on the extremities, is drawn back again, and falling on some part of the viscera, as the stomach and bowels, produces those alarming effects which so much endanger the life of the patient, such as weakness throughout the whole body, sickness at the stomach, gripings, faintings, nervous complaints, and a numerous train of direful and irregular symptoms. To persons afflicted with the Gout, a due share of patience cannot be too strongly recommended; for it is a disorder that is not to be trifled with. Anger, vexation,

tion, and trouble, as they impair the spirits, should be prevented as far as lies in our power*. Anger is extremely destructive to health, by its violent exertion of the secret springs which move our machine; wherefore, it behoves every one to endeavour to obtain a resigned philosophical disposition, as to the events of this life, which neither prudence can hinder, bravery control, or pusillanimity avoid coming to pass: this temper will enable us to bear infirmities or misfortunes with a dignity suitable to those ideas which a rational being entertains, who looks beyond the present object, and must greatly alleviate misery or pain, and other inconveniences, that otherwise might prove insupportable. The pain attending the Gout is frequently such, as to drive the helpless sufferer into a kind of phrenzy, and to lead him, as it were, in a fit of despair, to snatch whatever nauseous medicine may be held forth to give relief, though it should prove ever so pernicious. This, however, he ought constantly to be admonished against, as the same gentle, rational, and alterative means, recommended to cure the Scurvy, are the most proper ones to remove or alleviate the Gout.

* Absurd as it may seem, a person must be a stranger to the nature of mankind, who has not observed how restless and dissatisfied we are, even in that situation where health, independence, and affluence are attendants, thirsting after an increase of these blessings; not that power of enjoying more in ourselves is expected, but that we might be rated high in others esteem, and be by them admired. Many lords of the creation who hold their domestics in a servile view, on a retrospect, the lord will be found to be the greatest servant; his assiduity to please and provide for them the most; often harassed by the Gout's chiefest emissary, VEXATION.

In the chimerical catalogue of events, drawn with great precision by scientific writers, as giving provocation to the Gout, or rise to the Scurvy, there are many enumerated which we shall omit, as they afford little instruction or entertainment; nor is there any security insured of escape, by a rigid non-compliance. To avoid these rocks of suspicion, we must be new organized into a different sort of creatures, insensible to the charms of Bacchus and Ceres, tutelar deities, so pleasing in their taste and manners, that there cannot be a more ominous sign, than when we begin to treat with neglect those cates prepared by them, on which is inscribed at large—DIET. A dish containing so many different sorts of luxuries, excites our curiosity—more so, as it has furnished a cloak for censure against the liberal partakers. Withdraw the cover, view it in its proper light, and with becoming freedom expatiate on the dessert—a privilege allowed by Nature's God,

OBSERVATIONS

O N

D I E T.

S E C T. III.

IN the prudent use of this essential article, mankind are peculiarly interested: on this circumstance depends, in a certain latitude, any ease or felicity that may reasonably be expected. There are two predominant passions, equally irresistible, implanted in our nature; the one to preserve ourselves, the other our posterity. Each of these has such strong incitements, such prevalent propensities to indulge, even to excess, in the charms of its object, heightened by pleasures easier to be conceived than expressed, that nothing but a decay of those faculties, or an extinction of life, can render us indifferent to the ecstasy attending on them: each has its allurements, and scarce is one passion gratified, but the other is frequently thought of: so desirous are we to communicate whatever is found pleasing, or tends for the good of society.

ciety. However conducive these passions are to our entertainment, our preservation, our happiness, they must be governed by the tree of knowledge, springing up in every one, called *reason*, otherwise a general anarchy ensues, sickness with all its infirmities takes place, succeeded by untimely death. That many errors indiscriminately arise, for want of better judgment relative to our Diet, is certain: how to steer in an even course, that we dash not on either side of the extreme, is a nice point. Hurried on as we are by our imagination, our active volatile powers, that constant desire of experimentally knowing good or evil, requires the wisdom of a superior being, divested of such wants as we daily feel, to direct and determine. Volumes on volumes have been written on the subject, some authors declaiming against this food; others that sort of aliment as encouraging peculiar diseases, which has given rise to much perplexity; for constitution, that varies as much as one face from another, will be a bar to certain invariable rules for our conduct. Nature, assisted by reason, is ever ready to direct us, constitutional experience will best determine what food is fittest for its nourishment and support. To this guide let us pay due attention in the following observations:

The human body, supported as it is in its functions by an equilibrium of ascending and descending powers, cannot incessantly exercise those powers as it does, without suffering, at the same time, a continual and an unavoidable waste thereof. This waste is manifested to us by a sensation to which we have given the name of *hunger*; it is this sensation that prompts us to introduce into our machine such materials as may contain, according

ing to the constitution and fabric of each species, the particles proper to supply the deficiency occasioned by the aforesaid waste. Hence food, its necessity, and the natural tendency every animal has to imbibe it, becomes apparent to the slightest effort of the understanding. The seeming and wonderful sagacity every individual discovers in the choice of the materials which best suit its constitution and conformation, might here, and that too with no great impropriety, be elevated with those decorating terms into which many of our authors have run, of direction, instruction, inspiration, or wisdom, implanted by nature in the stomach, but which, indeed, is nothing more than the mere effect of that irresistible tendency, which divided homogeneous particles have of uniting together. From which it is plain, that there must exist an homogeneity between the parts which constitute the sheep and the grass in the fields; and invertedly, there must exist also a perfect heterogeneity between that same animal and the roasted or raw flesh of an ox, or that of a turbot; since, greedy after the one, he advances towards it, and thrives upon it; while, averse to either of the other sorts of food, his repugnance to it is so strong, that you might see him waste absolutely to death, should you put before him nothing else for his support *.

* Led by sagacious taste, the ruthless king
Of beasts on blood and slaughter only lives;
The tiger, form'd alike to cruel meals,
Would at the manger starve.

ARMSTRONG on Health.

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The chymical dissolution of that food in the pocket of the stomach, which we know by the name of digestion, produces a resolution of it into its distinct, constituent parts; whence the subtile ones, which are homogeneous with the fabric of the animal, pass into it as supplies and recruits, to repair the waste occasioned by the friction resulting from the exercise of its powers; and the coarse, useless, component parts, which served only to the configuration of the food, are thrown out as excrements. The continual and uninterrupted exertion of those economical functions, or actions of the powers, incessantly wasting, and as incessantly recruiting, in an organical body, is what is understood by the word *life*. From this succession of observations, we seem naturally led to admit of a conviction, namely, that an erratum in the quality or quantity of the new and fresh particles re-introduced into the human frame, for supplying the deficiency of the wasted ones, must unavoidably be productive of irregularity and discordance in the movements, functions; and operations of the machine; which discordance, if not timely rectified, may disorder or destroy it entirely. Improper aliments always produce that erratum, the fruit of which is that very discordance in the operations of the engines of our fabric; or, in plainer terms, the diseases and disorders to which the dominion of man seems peculiarly subjected. The comparative view of the natural and preserving healthiness of brutes, with the variable state and ailingness of man, seems to bring in this curious and very interesting question:—What mode and sort of food is proper for man to use, to preserve that freedom of his faculties in the same degree, as on observation we perceive they

they experience? The answer is soon found, which militates against us. The brute creation, when impelled by hunger, search for food; of which they partake till nature cries *sufficit*; then they retire to digest the aliment which satisfies, until the sensation of hunger calls them forth: they eat to preserve life: Man often, to please the palate, sacrifices his health, by trying a thousand expedients to give a higher relish to his food, which opens a sluice to innumerable complaints, but more particularly the Scurvy, Gout, and Fevers. The poor in the country, by their manner of living, which comes the nearest to that of the brutes, is the reason why they enjoy their health better, and live to an old age.

To enter into a microscopical scrutiny of every article of our Diet, and shew how all our food may harbour poisonous matter, or how it is adulterated, is reducing us to a dreadful dilemma, equal to **DAMOCLES**, who, when he sat at his meals, had a sword hung over his head, with the point downwards, suspended only by a hair; or, like **SANCHO**'s sagacious physician, in the island of which he was governor, found fault with every dish, and had it removed, as productive of some bad quality, thereby endangered his excellency of being starved*. For these reasons we should consider our constitutions and those species of food which are commonly proscribed, as favouring the increase of either the Scurvy or Gout, which are contained under the following denominations, *viz.* acids, wine, punch, tea, butter, high-seasoned food, &c. Before we examine our evidences,

♦ **DON QUIXOTE.**

to

to prove these are inimical to the nature of man, we should first enquire whether all persons do reprobate this sort of food?—Far from it; for there are, perhaps, as many thousands with whom it does agree, and is much esteemed. Then what is the reason why those ingredients, which take in so great a latitude of our Diet, are thus so generally prohibited, and that by the Faculty? claims a serious consideration.

Man is supported by one continual chain, each link consists of a contrary to the foregoing; whether we consider him in his infancy, manhood, or old age; whether he resides in the northern or southern climate, he will find that food which supports him at one time of life, in one country, in another may prove insipid, and inadequate to continue his existence: or in one age, what would seem too hot and fiery, in the more advanced part of life will be found comfortable, and in some measure supply the defects of nature. The same reflection will hold good in whatever part of the globe we travel, where we shall perceive different species, different manners, different viands, different customs and commodities, all proclaiming the wisdom of the great Donor. So that we esteem it an absurd maxim, to lay a general prohibition against any particular aliment. We are inclined to think from whence this evil has sprung. There are two adages made use of in common with mankind, *viz.* "One man's meat is another's poison;" the other, "He that lives physically lives miserable;" both equally true: for there are two distinct constitutions existing, very common to be met with, preponderating in each individual,

which

which we shall distinguish by the epithets of a strong constitution or a weak one, a hot or a cold one. It is for want of this knowledge, relative to these matters, that mankind fall into repeated errors, thereby rendering their lives irksome. For it is evident, man is a machine which requires a constant supply; otherwise this wonderful movement ceases to display that vivacity and superior talents which it possesses, and sinks into an inanimated lump of clay. There must be particular materials selected which will readily mix, and from which his stature is increased, or his being supported: there must be also a receptacle to deposit the matter intended for his nourishment; that matter is to undergo various chymical operations, perfectly agreeing in the vessel of digestion called the stomach, which is the receiver and first digester of our food. It may not be improper to remark, that there are three digestions; the first in the stomach, the second in the blood, and the third in the capillary vessels: there are likewise three emunctories to answer them, namely, by stool, urine, and sweat; so that the whole aliment is evacuated or secreted through the one or the other. It is also necessary to observe, that to dissolve the same, there should be a certain degree of heat, not to exceed in either extreme, which would act the same on the human body as in distillation; if the fire be too small, the steam containing the pure part or essence of the liquor, cannot be brought over; while, on the other hand, if the fire be too fierce, it forces over the ingredients, and spoils the operation. This will explain the difference of constitutions. In some persons the food will lie heavy and inert, owing to a debility in the stomach, which causes pain and oppression. This

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accounts

accounts for the complaint old people experience in a discharge of phlegm, arising from half-digested victuals, for want of a proper heat and strength in the organic powers of the stomach, which as they decay, the phlegm increases in consistence nearly equal to glue: thus the small vessels, wherein lies the strength of man, receive not their customary necessary supply. In these cases, something warm, either of a vinous, spirituous, and sometimes of a purgative nature, should be added to assist digestion. In others, whose constitutions are over hot, the contrary complaint will occur; for the aliments being dissolved too quickly, or rather torn in pieces, and the coats of the stomach relaxed, the food, by fermenting too hastily by over-heat, is changed into a sour mass, which causes uneasy sensations. The stomach, therefore, judging it improper for the nourishment of the body, calls it forth without straining, frequently with an acidity verging in its nature towards those poisonous corrosive acids, which eat and destroy almost every substance they come near. In the case under our present consideration, we think, without presuming too much, we can explain the effects clearly, and account for all the maladies experienced arising from this circumstance. Persons, on finding their food to be thus troublesome, are desirous of coaxing it by a dram: this renders the evil worse; for the stomach, already relaxed, by the additional heat of spirituous liquors, is rendered still more so. This is the reason why the food is ejected, without affording due nourishment to the body, and gives rise to that languor of which nervous persons complain bitterly, and is the cause of head-aches, and other hypochondriac symptoms, deemed by some, *wind*; therefore, persons
who

who are subject to this tendency, will find butter, soups, boiled meats, much drink, especially warm, also punch, or spirituous liquor, are diets not so proper for them; whilst, on the contrary, abstinence, salted, smoked, roasted victuals, with little drink, and that cold, to brace and strengthen the stomach, will be found applicable for their nourishment, and agree with them who in general are in better health in winter than in summer. On the contrary, those of a strong constitution, whose stomach is cold, may eat butter, fat meats, broths, and drink wine, punch, &c. because they relax, and are friendly to their habit of body. Those persons who have a strong constitution, and as good a digestion, not meeting with any impediment in the first passages, are apt to over-indulge themselves: thereby they force a greater quantity of crude matter than the second digestion in the blood can manage to any good effect; so that patients of this kind, by so doing, have little or no advantage over others, whose stomachs are more delicately made, and seem to be on their guard not to admit all that a vicious palate would swallow. These last are subject to the Gout in the stomach, and other nervous complaints: the others, of a strong temperament, are more subject to the Gout in the feet; both constitutions are liable to the Scurvy without an exception.

The uneasiness frequently arising from our food, makes us desirous of discovering whatever impropriety we labour under, either in the preparing or distributing of it. Intemperance of every kind is hurtful. It is well known, the body can dispense with but a certain quantity of aliment, to keep up the necessary equilibrium of the body; a supply then becomes necessary, at stated times, adapted

to each person's feelings. The question then arises, Do we not exceed in the number of our meals? It is recorded, that the Romans made but one meal in twenty-four hours, and that at night. Let the Italian change his climate for a northern one, and then judge if one will be sufficient. We do not say four meals a day are necessary, as is customary. Custom is a tyrant which hath enslaved us in many things, contrary to our reason and experience; for custom has established noon as the proper time for the chief meal; whereas, in several respects, night may be more suitable. The reason for giving the preference to night is, that the stomach should be at work while the other parts seemingly lie dormant: the natural propensity to rest seems to indicate as much; a rule which is constantly observed by other animals in the field. It has also been quoted, how many eminent ingenious men have been able to discourse wisely on intricate subjects before dinner; after, scarcely comprehend what they had explained before. The French, and those who inhabit the West Indies, make their principal meal at night. The merchants in London and in Dublin act prudently, in protracting the hour for dinner until the important business of the day is dispatched. Any one who wishes to consult either the doctor or counsellor, in any matter that materially concerns him, will do well to choose the morning: for meat has the same effect as drink; the stomach being overpressed, hinders the free circulation of the blood, and forces it into the face, and other extremities of the body, and occasions the lifeless motion, or a flushing of the face, observed after meals; also the fumes ascending into the head, cloud the faculties the same as strong wines, &c.

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which stupify. How far night would prove the best time for individuals to regale themselves, and leave off dinners, experience may determine: persons who have a weak stomach should particularly make their chief meal at night, eating but little in the day; for much motion in the day-time, after dinner, disturbs the food: so as to cause such uneasiness that they cannot rest until it is thrown off the stomach. Allowance, in all cases, should be made for constitutions, climates, emergencies, &c. *Therefore people should be cautious in recommending certain diets or remedies to others, on the sole ground that they themselves have received great benefit from these modes; for they may fail with others, although they have succeeded with them, and that by the sole reason of the difference of age, constitution, or circumstance.*

WINE considered.

AS the very name of Wine conveys something pleasing to our ideas, it is with reluctance we enter into a discussion of the evil effects laid to its charge, as producing the Gout. How a liquor held in so great esteem, can be capable of such a vice, let us examine. In the praise of wine, history, both sacred and profane, in all ages, has been lavish in its commendation. A convivial feast would seem gloomy and insipid, unless graced with the sparkling goblet. Such are its potent charms, it banishes care, and bids the despairing wretch be happy. At other times, it is poured out in libations to cement the bands of friendship. If it can be proved, that, instead of being a solacer to man, it has only assumed the

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cordial mask, in order the better to practise the iniquitous treachery of destroying him, man should not only cease his care to cultivate it, but tear it up by the roots with indignation.

Judges, in all cases, would do well to remember that excellent motto which graces the Chamber in the city of London, *Audi alteram partem*. We are too apt to imbibe unfavourable notions from present effects, without tracing the cause, and ever after retain a prejudice against the ingredient we suspect as the author of our sickness or that of others, thereby living in constant fear: for this reason, we treat on Diet different in some respects from other medical writers, only examining suspected aliments, which are good of themselves, but through abuse, or defect in our constitution, or of judgment, render them improper for a season; on this circumstance they are often laid aside totally; and evils are attributed to them, not in their power to bring about singly. By a proper and watchful attention to the effects our aliments produce in us, we might save ourselves a great many disorders to which, for want of it, we become a prey. For this is the reason why we find some people, who shall be fond of lemons, oranges, currants, gooseberries, vinegar, punch, lemonade, &c. while others will dread nothing so much. It is scarce possible to find any article of our food, but at one time or another it has been found inconvenient, and greatly complained of.—Here wine is by many persons particularly objected to, by reason of its acidity, thereby encouraging a nervous disposition, or the Gout.

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That Providence has supplied every country with its proper aliment, on which were the inhabitants to confine themselves to the use only, perhaps life might be continued longer. In this extensive delightful garden of Eden, stocked with a profuse variety of eatables, we naturally wish to taste and partake of all that is sound pleasing to the sight, and agreeable to the palate: in this wish centres the main spring of our trade and commerce: for this purpose the busy tribes are passing backwards and forwards, crossing deserts and seas, mutually changing the product of their country: amongst the rest, wine, as it contributes to trade, to entertainment, to medicinal uses, employs the notice of man in an eminent degree. How wine comes to be censured on account of its acidity, is easily demonstrated from a similar cause which has raised the chief objection against all those articles of our food, *viz.* a weak indisposition of stomach, relaxed by heat; for as to its acid qualities, they are its greatest ornament, and best commendation; for what is fruit without it? or where is the wine sound defective of this characteristic? not in those wines which assume the cloak of sweetness to the taste; they are, in their digestion, of a tenfold more acid nature, and less friendly to mankind, as they quickly pall the stomach, and bring on a loathing; whilst the others, when in their proper state, refresh and enliven the faculties, if taken in moderation; when abused, like other blessings, leave a sting in the sacrilegious hand which pours it out in wantonness. Wine has not been upbraided merely on its acidity, because that is sound agreeable to many persons; but, regardless of constitution, it often proves to be prejudicial, not only favouring the Gout, but other pains

pains in the body, not arising from wine merely as wine, but from the adulteration and poisonous ingredients, such as arsenic, litharge, lead*, allum, floe-juice, and a greater quantity of spirits of wine than it requires, made use of with an intent to impose a spurious sort, or to fine or correct it: for this reason (and a good one it is) must be allowed, that physicians and others have censured and charged the vinters, and those concerned in the foreign and home trade, as injuring the health of their fellow-creatures. It is much to be lamented, this assertion remains undecided, each party being engaged either in denying or insisting on the fact. The properties of arsenick are well known: lead, taken internally, stands confessedly a strong poison, and has been proved to demonstration, as being the cause of the Devonshire cholic, owing to cyder standing in leaden vats, or in earthen pitchers glazed with lead: a great quantity of the lead ore is used for this purpose of glazing pans, at the potters in Barnstaple, Devonshire. The acid corrodes and takes up a part of the leaden particles, which cause those pains in the bowels†. How

* In order to discover if lead is dissolved in wine, Dr. Watson, in his Third Volume of Chymistry, gives the following directions, page 371: Let an ounce of quicklime and half an ounce of flour of brimstone boil together in a pint of water; and when the liquor, (which will be of a yellow colour) is cold, let it be poured into a bottle, and corked up for use. A few drops of this liquor, being let fall into a glass of wine or cyder containing lead, will change the whole into a colour more or less brown, according to the quantity of lead which they contain. If the wine be wholly free from lead, it will be rendered turbid by the liquor; but the colour will be rather a dirty white than a blackish brown.

† When acids corrode a pan, it is soon known by a white fur sticking to the sides.

cautious,

cautious, then, every one should be, who are concerned in the culinary method of preparing pickles and preserves, wherein vinegar or other acids are used*, that they should well examine their pots, jars, and their saucepans made of copper, or lined with tin.

That there is a difference in flavour, and in effects of the same denominated wine, independent of constitutions, we believe no one will contradict. After drinking wine, though in a moderate sense of the word, if we experience cramping pains shooting across the hands and feet, attended with paralytic weakness, have we not then reason to suspect the genuineness of the wine? The thoughts of unfair mixtures are too deeply rivetted in our minds to be easily erased. That wine in its native soil is hard to be procured genuine, has been an observation of many intelligent travellers. History abounds with complaints of this nature, and of the tricks made use of to impose on mankind. Nor have there been wanting penal laws in this country, which have been

* has been frequently observed in summer time, persons have been unaccountably attacked with dreadful cholics: the cause has been attributed to the free use of cucumbers, even by the faculty. But I will inform you the cause;—a cause which even requires the interposition of the legislature; a cause not even suspected by the innocent perpetrator. Have you not observed the frequent custom at the oil-shops, measuring out the vinegar in pewter measures? which the acid soon operates on; also some vinegar is left in the pot, or set to catch the droppings, which if used by any person must occasion those alarming pains in the bowels. An easy method to prevent the misfortune in some degree is, to taste your vinegar, observe it is acid; for the lead takes off the acid, rendering the vinegar of a sweetish taste: here lies your danger.

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inflicted with rigour, to deter others from such illicit practices so dangerous to the commonwealth*.

There are other material questions to be considered, viz. how far wine, as it is conveyed to us in its usual state, is adapted and agreeable to our nature? whether it does not contain particles foreign to the human economy, which cannot be assimilated to the texture of our bodies, or form a fluid of proper temperament for the preservation of life? All wines abound with a tartarous spirit, either natural or acquired. We are sensible, how easily the small addition of heat, added to our natural warmth, increases to burning heats, known by the appellation of fevers: wine being of a spirituous quality, in diseases that are inflammatory, the acrimonious humours are increased by drinking these liquors; and so far they may be said to be fuel for the Gout. It has been noticed, that many persons who have been free in the use of wine, have suffered with the Gout; but on leaving those liquors off, have gradually recovered their health. The French, who are not insensible to the native charms of their own wine, seldom or ever drink it without adding water: also a custom which prevails here, of drinking it after the cloth is removed, is not practised there: when the dessert makes its appearance, wine is banished. The Dutch, whilst beer was

* In the year 1427, in the reign of HENRY VI. JOHN RAINWELL, Mayor of London, caused one hundred and fifty butts of sweet adulterated wine to be staved, and thrown down the streets; so that the liquor running forth, passed through the city like a stream of rain water, in the sight of all the people, from whence there issued a most loathsome smell.

Stow's Survey of London, p. 441, first edit.
their

their chief drink, were strangers to the Gout, when wines were introduced to their tables, they were no longer exempted from that cruel malady*; for this reason, drinking wine intemperately, or living in the constant use of it, are to be carefully avoided by those who would not provoke such bitter enemies to their health, while malt liquors are found not to have that tendency in bringing us under such misfortunes†. From this cursory review, we do not wish to raise imaginary ills, or to deter any one from accepting the friendly assistance of this nectareous draught, when nature pleads an advocate for compliance, and reason does not forbid: at the same time they should be careful not to give way to the pressing and ill-judged importunities of friends, to drink more than is agreeable. This last caution (you may reply) is almost needless.—Cruel necessity of the times has scarce left the Britons power to gratify their generous wish‡—"A bottle and a friend."

On a Liquor called PUNCH.

THIS favourite substitute for wine, in our country, is particularly objected to by persons subject to the Gout, as having an immediate tendency to produce it, by reason of the acid made use of in the composition, whether it be of the lime, the orange, or the lemon. There is something agreeable in each of the ingredients, which

* VAN SWIETEN'S Commentaries.

† Wine deposits a sediment on the sides and bottoms of the casks, of a hard, tartarous, stony substance; whilst the sediment observed in beer vessels, is of a clayish, saponaceous nature.

‡ Alluding to a tax on wine, and the late American war, &c.

catches our attention, and impresses a favourable idea on our minds : this may be owing to a circumstance, that we are all well acquainted with each article in the mixture, and have no occasion to dread either lead or arsenic, as being used in this liquor to give it additional flavour, or to fine it. Had the objection been made singly against punch, by persons with a weak constitution subject to the Gout, they had been justified ; but when man's partiality shall carry him so far, as to condemn one ingredient only, namely the lemon*, and stigmatize that fruit as being the author of those ills he experiences, merely as being an acid, without enquiring farther, it is committing an act of injustice to himself, and of ingratitude to the planter of the fruit. In this instance, we may learn how little is to be trusted to superficial evidence, and the necessity of enquiring on what basis such and such food has been prohibited. In no case can we produce the like egregious mistaken notion, as in the present under our consideration, of confounding, without distinction, all sorts of acids, whether natural ones, mineral, or combined by art ; forgetting there are two sorts of acids ; the one, which is nearly allied to mineral ones, readily opens a door for disease and death ; the other, whose friendly tendency is to correct our sickly frame, and to preserve life. The first we breed ourselves, as has been already noticed, and is that acid we throw off from our weak stomach ; this matter being of a peculiar corrosive acid, is the cause of much pain and trouble, so that it is natural for us to dread every thing

* The word Lemon stands throughout this Essay, as including the acid of the lime and orange.

whose predominant quality is an acid taste*; therefore lemon, Heaven's best gift, fairest fruit, is condemned without so much as a hearing. Could we but give ourselves a moment's reflection, we should blush at the thought, and could not be insensible of the benefit these acids are in the support they administer to man, to combat the heat of certain countries, in which Providence has displayed a father's care in furnishing them so plentifully, as spontaneously to reach forth their branches, by their beauty and fragrance invite him to partake, and bid him live; otherwise both heat and climate, as in the West Indies, would conspire together to bring the inhabitants to the grave with hasty alkalized strides, if not opposed by acids, such as are found in the vegetable creation. In long voyages, where the Scurvy reigns triumphant, threatening dissolution every moment to those aboard, no sooner is the sound proclaimed on board of ship, of their being near a coast where these fruits grow, but joy sparkles in the dejected mariner's eye, who knows, if he can but reach the shore, these acids freely eaten will restore his pappy, putrefied limbs to a sound state. We would beg leave to ask, what fruit can rival the lemon in proving so great a strengthener of the body? or what fruit is so often called to assist, to counterbalance and drive away a fever? In what fluid will you find the pleasing refreshing draught, equal to that composed of the juice of lemon and spring water? When was this drink known to have set your teeth on edge? when could it be proved, that lemon caused the

* A certain degree of acid is necessary to complete the digestion of the food in the stomach,

gripping pain to the stomach or bowels? when had you reason to curse it, as producing any of those dreadful acid eruptions? to cure which, what remedy is there equal to lemon, joined with salt of tartar, as in the saline draught; whether the complaint proceeds from eating too much fruit, or an over-night's indulgence at the bottle? Let those who are troubled with a foetid breath use lemons in their drink as a corrector. Lemons, as if conscious of their own superior virtue, scorn to mix on friendly terms with other base acids, such as sugar. These are remarks deduced from experience; we must confess, they carry strong evidence in favour of the lemon: the question naturally arises, what is the reason then, that punch is so often complained of, from the use of which many persons suffer, who are not particularly subject to the Gout?—The *sugar*. The fact is, all the bad qualities which have been attributed to the lemon lie in the sugar. Sugar, of itself, is of an acid, corrosive, slimy nature, though cloaked under its sweetness, and being of a smooth, pleasing taste, made familiar to our infancy, it remains unsuspected, at the same time that it affords more just reason for censure than any other article of our food so often complained of*. Persons who have totally laid it aside, have enjoyed a better state of health: for the truth of this assertion, we appeal to numbers who have severely suffered under this mistake, until the error was pointed out.

* Were infants to have less or no sugar in their victuals, the food would agree better with their stomachs, and they would be less subject to the gripping pain of the bowels, which frequently occasions their death.

To illustrate this important point, so essential to the health of man, we shall beg leave to remark the following facts, which may come under every one's senses to determine. A draught composed of lemon and water only, is a reviving wholesome draught, sitting lightly on the stomach, and agreeing with it in general: add sugar to it, and it becomes the reverse, being changed to a sickly one; and the acid seems of a corrosive nature, particularly hurtful to weak stomachs: on trial, every one will find a material difference. The same occasion for observation, though in a stronger degree, is to be met with in punch, which plainly discovers a different acid, similar to that found in minerals; in weak constitutions, we do not know a greater cause for complaint than this liquor, rendered worse by drinking it warm; a circumstance that persons of a weak constitution should be careful not to continue; for cold drink strengthens most, whether it be spring mineral waters, beer, or the more rich viands they make use of. On looking over the ingredients used in punch separate, we could not imagine so destructive an acid should be composed, which is not to be met with in either of the articles singly: very true; let any person examine the materials, one by one, from which aqua fortis is made, *viz.* green vitriol and nitre, could it be supposed that such a deadly poison could be drawn from the retort, as even the vapour to be so noxious as to kill, did not every day's operation confirm it?

To elucidate how substances, good of themselves, and proper for use, may, by a mixture, be productive of ill consequences, is amply shewn in two valuable metals,
silver

silver and lead. View them in the mine; there we find how closely the lead has wrapped her garment round the silver, secreting it from the eye of the hasty passenger, that would pillage her of her charms. Here the silver, sed as it were by lead*, lies in obscurity, until the midwife (the smelter) brings it forth in radiant brightness, darting its beams to the admirers all around: thus clad in virgin array, she despises her nurse, and even thinks herself polluted by the least familiarity or connection with lead, taking every opportunity to shew it in striking colours. Is proof required?—Suppose then, by chance or negligence, the hundred and twentieth part of lead should be left in a pound weight of sterling silver, what is the consequence? The artificer, looking into his furnace to see if his metal has imbibed a proper heat, discovers a wrangling in the crucible, termed an ebullition; sufficient warning to the skilful artist to expect further trouble; nor is he at a loss to decide on the cause: not knowing the exact quantity, or in hopes the silver may take no further notice of the affront, he proceeds to pour it off, either into a skillet, to be flatted for plates or dishes, &c. or into an ingot, to forge out for wire or spoons, or into a mould for cast work. The silver remains inflexible, and is determined to shew its aversion in every one of these ways. The skillet of silver is flatted, on annealing it, blisters and flaws arise on the surface: these sometimes escape notice until the piece of plate is near finished; when the endeavour to erase a flaw, hazards

* Lead should be freed from silver before it is fit for the plumber's use; but is seldom done with that nicety, but a few minute particles of silver may be extracted.

the beauty, or the destruction of the whole. In the second instance, the ingot refuses its usual uniform expansion of the hammer, and breaks in several pieces. The cast work, if of that sort which requires pliability, breaks off short, to the vexation of the manufacturer, who is often obliged to make use of disagreeable expensive methods to separate this union. We shall not do justice to the lead, if we do not observe, that to correct the ingratitude of the silver, she never fails of shewing her resentment, when chance shall drop an unperceived grain of lead on silver plate, when made red hot, by eating a hole through in an instant. The refiners of gold and silver took the advantage of these disputes, and lead is used as a scourge to purify silver from any base metals which silver, in her walks abroad, might have contracted.

As a further evidential proof that sugar is the cause of this evil, we would beg leave to ask those who object to punch, whether they do not find an aversion to sweetmeats, confectionary ware, and even to jellies, pies, and tarts, when over-sweetened? That sugar has been suspected of qualities unfriendly to our constitution, may be deduced from an observation left on record, above a century ago, by Dr. WILLIS *. Another circumstance is

* I so much disapprove of things preserved, or very much seasoned with sugar, that I judge the invention of it, and its immoderate use, to have very much contributed to the vast increase of the Scurvy in this late age; for that concrete consists of a very sharp and corrosive salt, though mitigated with a sulphur, as it plainly appears from its chymical analysis; for sugar, distilled by itself, yields a liquor scarcely inferior to aqua stygia; and if you

no less true than extraordinary: the grocers, who handle the sugars, are subject to a complaint, called by them the grocer's itch, which equals in malignancy any leprous complaint we have seen, and which often deprives them of the use of their hands; but, on leaving the business, the malady ceases—Does not this carry conviction on the *prima facie*? May we not safely and truly draw an inference, if only by handling sugar we suffer thus, how much more when taken inwardly so freely? Also we have remarked, that tea has often been censured as being extremely pernicious to persons, whose nerves have thereby been remarkably affected. Tea, as a plant, if genuine, is of itself an agreeable bitter-flavoured herb, and as friendly to the constitution as it is beneficial to trade, as perhaps any article that was ever introduced. That persons of a weak constitution should complain against it, is no wonder: but is the tea in fault? or rather, is it not their weak relaxed stomach? and warm water, or any other warm liquor, still relaxes more. Is not the tea censured for the unthinkingness of the maid servant, who sees, unconcerned, the finest particles of the water boil away in the steam by the hour together, and leave the remainder in the kettle, hard, phlegmy, and not fit for use? The minute the kettle

distil it in a vesica, with a great deal of fountain water poured to it, though the fixed salt will not so ascend, nevertheless a liquor will come from it like the hottest aqua vitæ, burning, and very pungent †. When, therefore, sugar, mixed almost with any sort of food, is taken by us in so great a plenty, how probable is it that the blood and humours are rendered salt and sharp, and consequently scorbutical, by its daily use?

† Rum.

boils,

boils, pour the water on the tea. But this is not all: is not the sugar which is used in this liquor, the cause of tea being complained of? If sugar or milk was less used, no loss would accrue; on the contrary, much benefit might be gained; or our patients, to whom we have recommended the practice, have deceived us, who have declared that tea is now their delight, as it was, before, their aversion, and they experience a pleasing infusion grateful to the stomach. It is hard for persons to find out an agreeable substitute, though they wish it, to supply the place of tea, coffee, chocolate, &c. which hurt them, not considering that sugar is one cause for its disagreeing; but much depends on the organs of the stomach being in a proper tone. In the West Indies, where sugar is the immediate product, it may be necessary; there it may become a serious matter of enquiry, whether the belly-aches they labour under may not be traced to the free use of sugar * (as much as to the pain hinted at in a foregoing page), which is a greater and a different sort of acid than is produced by the lemon, pine, or any other fruits.

Let no one hastily imbibe the opinions of another, without first weighing well the arguments, circumstances, &c. together, and draw the inference from their own reason and observation; nor leave an ingredient out of their usual diet, because it is said to be bad, but that they find it is so.

* Rum, the spirituous article used in punch, as drawn from sugar, is a strong acid, and new Rums are known to be productive of bad consequences in the West India Islands.

On BUTTER, &c. &c.

WERE mankind to assert their rights, and learn to judge for themselves, they would not be then slaves to opinion, nor sacrifice their reason to the dictates of others, founded in weakness, without minutely enquiring on what basis they have asserted that those favourite ingredients of our diet are detrimental to health. Amidst those articles that stand proscribed, butter is the foremost, on which a *cave* is placed, to deter mankind from its use, as baneful to the constitution, and a breeder of foul humours in the blood; therefore it is eaten with fear by various degrees and denominations of the human race; and to deprive them of the use thereof, millions would pine after it, and curse the devisers of such an expedient. How many dishes that the vegetable, the animal, the piscatory creation afford, would taste dry and harsh, without this desirable necessary sauce, that appeared before pleasing and refreshing! Does not our hasty condemnation of this food, as improper for our bodies, impeach and arraign the judgment of the great omniscient Provider, who has so universally showered down this food? We are naturally fond of vegetables; in husbandry man delights; the out-stretched dugs of the cattle, the overflowing pail, the simplicity and dexterity of the dairy-maid in bringing forth her butter and cheese, have afforded a pleasing theme for poets to dwell on with rapture, and praise the Giver in pastoral strains universally admired. If trade is considered, we should be careful not to throw a bar in the way to check it, unless supported by demonstrative evidence that such trade is detrimental

mental to the community. If the poor are the riches and the strength of a nation, they claim our indulgence, and ought not to have their greatest luxury withheld, on the supposition only of its being hurtful: in fact, they will not; they find no inconvenience in the use, and all their wish centres in the possession. As to its bad or good qualities, they are contented to leave the doctor and his patient to dispute, whilst they enjoy the blessing. Butter and fat meats have acquired a bad character, as many individuals in the world do, by keeping bad company. Is the temperament of a relaxed sickly stomach, which cannot bear it, a proper criterion to judge by? The aged or the infirm person might with equal propriety say to the young and the strong one, Do not walk faster than I—it will hurt you. Why should we prohibit the use of it to those whose constitutions are the reverse, and who require its friendly assistance to lubricate and defend the bowels from acrimonious matter? Can we suppose Providence, whose bounty overflows the wishes of man, extravagant as they are, has caused such a rich repast to be drawn from the grass of the field in vain? By what wonderful stages and operations is our food matured, brought forth, and laid at our feet, to enable and encourage us to proceed in the journey through life, rendering it agreeable and comfortable! Butter and fat meats, the necessity of them is displayed in the general tendency the animal creatures have in storing it up, and of how little worth those beasts are, that are defective in this point—how wretched they look! Are not those unctuous parts of our food the chief means of affording a supply of that marrow, treasured up in our bones, which supplies the oil wherewith our joints are constantly anointed,

anointed, and thereby continued pliable, and defended from acrid and cold humours? Further, the utility of butter is eminently displayed, in defending persons employed in dangerous businesses, who imbibe noxious particles arising from vapours, such as painters, gilders, glaziers, workers in lead or in lead mines, that otherwise might prove fatal, but for a free indulgence of butter*, bacon, and other fat meats, which sheath and defend the bowels from cholic, paralytic, and gouty consequences, frequently met with in persons who follow such destructive occupations. Sweet oil is nearly allied to butter: if the one is hurtful, the other must be prejudicial, and fall under the same predicament; yet this is seldom noticed. Fat and salt meats, &c. come in for their share of general censure, as food hard of digestion, and breeding the Scurvy; whilst other dainty meats, which appear soft and easy to be dissolved, through the different preparations of art, officiously intruded as an assistant in procuring proper aliment for a weak constitution, are often preferred by us, yet rejected with disdain by nature. Another erroneous notion has been conveyed from generation to generation, viz. that the gravy which flows from the meat is hurtful, and a breeder of the Scurvy, therefore should not be eaten with our food. A moment's reflection will furnish an answer to so important a question.—How is the body nourished? is it by hard, indigestible food, from which scarcely any balmy juice is to be extracted, to supply the small fibres? Gravy is already prepared for the purpose, only wants

* Butter spread on bread, in general, agrees best with weak stomachs; and in hot weather, on account the stomach is more relaxed, a lesser quantity may be dispensed with.

application: it is pleasant to the taste, light to the stomach, and gives strength to the body; which is more than we can ascribe to that bewitching delusive practice of eating pastry, which only serves to cloy the stomach, and proves a hindrance to other foods digesting. Jellies, and every other glutinous body, must be dissolved into a vapour light as steam arising from hot water, before it can enter the lacteal vessels.

Every day produces instances how often we err in our opinions relative to proper aliments for the support and comfort of our lives. Many a time it has been observed, where the stomach refused entertainment to a dish of chocolate, or a little broth, at the same time it has greedily devoured a salted piece of beef, or of fat bacon, which has sat easy on the stomach, and digested kindly. Persons who are of an ailing constitution, judging rather from appearances, or guided by custom, refuse the one, and order only the white meats, such as veal, fowls*, &c. when, at the same time, they may be

sensible

• How easily we are persuaded to indulge in things hurtful, because they appear delicate, is instanced in fatted fowls. The fowls are put in coops, debarred of air and exercise, crammed with unctuous food, which is given to render them fat, which soon brings them to a sickly alkalized state: because they eat luscious and tender, they are preferred before the wholesome barn-door fowl, whose taste is natural and nourishing, whilst that of the other cloy, and is rendered disgustful by repetition; so that any one would sooner grow tired of this aliment than any other meat, to feed on it constantly. Similar to this, is another circumstance, that of hanging up mutton until it is rotten; then we say it eats tender. These things are customary; and what is fashionable, however egregiously bad or ridiculous of itself, is justifiable;

sensible they cross their inclination; their strong propensities to taste the other different sorts of food, and which they would find to strengthen them when thus impelled; whereas, by rather following the promiscuous advice of others, in preference to the dictates of their own sensations, they take part with the disease, and thereby suffer the more: for, on the most exact scrutiny, we shall find but little reason for complaining of those forbidden fruits, any more than other valuable articles, which either support life, or render it respectable in the scale of beings with whom we dwell: for what is there on earth, which we call good, that has not, or may not be productive of much evil, when it falls into imprudent hands? Gold, that precious commodity, the *baume de vie*, has its fair and dark sides. There are few persons possessed of so much refined philosophy, as not to wish to be in possession of a certain quantity. The risks run to obtain it often change the nature of man for the worse; so that he

justifiable; for who dare appeal against so powerful a dictator as Fashion? it is customary to rail at wines, butter, tea, &c. not considering our own instability. There are times and seasons allotted for every thing; that which delights us to-day, is looked on with indifference to-morrow. A variety runs through the creation; without it, man could not enjoy the pleasures of the road, on which he is gradually enticed from stage to stage, by toys displayed suitable to his age. He has no sooner grasped the one, but another, at a distance, is held up to his view, to animate him to proceed; nor are there wanting thorns to gall him, should his propensity be to loiter by the way; so that he is in danger of being seized by one complaint or another, until, grown indifferent as to the playthings of life, he finds himself to be overtaken, and nods to the fate which time pointed to him from the earliest knowledge he had of his being.

has then, as he imagines, reason to exclaim against this glittering ore which bewitched his senses, though the fault was his own seeking. In fact, through the false taste of mankind, too often paying a respect to those persons only because they are rich, and for no other good quality inherent in them, do we see thousands so eager to obtain the jewel, at the risk of every thing which they ought to hold dear, to be on a level with them; but mistaking the road, to their great mortification, they meet with reproach and ignominy, instead of honour. Enchanting pleasure is profitable to health; yet, when pursued beyond the bounds which prudence has dictated, it brings weariness, pain, and other inconveniences; that it had been better if our thirst had been less prevalent, or we had wanted the opportunity to gratify ourselves with those delusive joys. Though we have an unlimited license to range and partake of all the fruits which the globe produces, we are not to waste them: they are ordained for our support; when used agreeable to that portion of judgment given to each individual, the end of their creation is answered, and the Benefactor honoured. It is our duty and interest to bend to Nature's voice, and not to expect the unalterable laws of the universe will submit to the peevishness of that little conceited animal Man, bowed down either by natural infirmities or old age: in either case, his faculties are impaired, his judgment rendered precarious; therefore we may esteem ourselves happy in having such demonstrative evidences given us to go by, that if we err, we must do it wilfully. So amazing are our powers, so wonderful our frame, that as the whole being of man is equally interested in the choice of food, so the different

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members

members are equally alert in performing their duty. No sooner does the weakness of our constitution speak its wants, than the feet bend forward, directed by the mind, to the place where food is expected: the eye surveys, the taste and smell co-operate in their approbation; last of all, the stomach, not trussing to the partial taste, decides, and quickly informs every one wherein they have erred, either by storing too much, which is the seed of heaviness and oppression, fetters no way agreeable to the sprightly mind, which deprive him of that alertness he has a right to expect from the fresh supply afforded to the lamp. If the aliment has been improper, then a sickness in the stomach proclaims its malignant tendency, and warns us to be cautious. This rule will be found decisive, whether we feed on flesh, fish, fowl, vegetables, or use for our drink water, beer, wine, &c.

As a further proof of the just discerning judgment of the appetite, how often has it been known, where persons in dangerous sickness, indulging by stealth their strong propensities to some drinks they have fancied, though strictly forbidden by the Physician, have surprisingly recovered! In general, we know no better rule for persons to go by, in regard of their Diet, than to partake of such food, whether it be salt, fresh, or high-seasoned, with moderation, as they find convenient and agreeable: if any judgment may be deduced from the testimony of numerous patients, it is in favour of an extensive, rather than a confined Diet. Numbers have debarred themselves of even the common necessaries required to support life, in order to lessen their disease, particularly in the Scurvy; so far from being benefited thereby,

thereby, the malady has increased on them. Extremes are always bad on either side. We are soon disgusted with living on the same meats. The changes of the seasons, the difference of weather, require man to vary his Diet, as much as it does to alter his apparel, to defend him against heat or cold. For this reason, we recommend, in cold weather, warm meats and generous drinks: in hot weather, cold viands will prove refreshing and salutary, and spring water, joined with pure acids, will be found a most excellent bracer of the stomach and nerves, when relaxed. In the winter of life, as old age, to season their meats with warm spices is necessary. In the West Indies, the free use of those spices is particularly grateful and necessary, even as salt is to us, which keeps them from falling into bilious fevers. If it be allowed, that nothing exists in the creation but what was designed for its peculiar use, applicable to the country, surely the spontaneous growth of these aromatic spices, in those sultry climates, is an argument in their favour for their application. We could wish it to be considered, how far in the marshy damp parts of those countries, as in Essex and Kent, where the ague reigns, whether a greater indulgence of pepper, or other hot spices, would not help to counterbalance the unwholesomeness of those swampy places? where wine and other cheering liquors are required to be used in a freer manner than in other countries where Nature has been more prodigal in the

• Vinegar is a useful and a wholesome ingredient in our Diet, and is much used in fumigations, to prevent infectious diseases, and shews the utility of acids. The virtue and benefit of salt speaks for itself in numerous wonderful instances.

blessings of a dry, healthful situation. On this occasion, and almost every other circumstance which requires our comments, in physic or in diet, the aphorism of HORMAN will be found to be just: "It is the well timing" that makes the dose or quantity good or bad." In our infancy and youth, occasions seldom require to make observations on our Diet; for then we do not experience those ills from the difference of aliment, because our pipes and tubes are large and pliable as fine leather; but man, the older he grows, the less pith he has; so that the tubes lessen in him as he advances in years, scarcely allowing the humours, or even the balsamic fluid, a possibility of circulation*; whereby we may at last be said to ossify, or consolidate, as it were, into mere bone.

These sentiments are respectively submitted to individuals, whose own breasts carry a monitor which will be found the best director: for we think it an absurdity, that one person should know another's constitution better than himself.—In short, it is impossible. The poor laugh at us, and think these are idle speculations†; for

* The older people grow, the less food is required; and women are not so subject to the Gout as men, on account of the laxity of their make.

† Behold the labourer of the glebe, who toils
In dust, in rain, in cold and sultry skies;
Save but the grain from mildews and the flood,
Nought anxious he what sickly stars ascend,
He knows no laws by *ÆSCULAPIUS* given;
He studies none,

ARMSTRONG.

they

they being obliged to follow Nature, is the reason why they "enjoy (as DRYDEN observed) the most valuable "blessings of life, a vigorous healthy body, with a constant serenity of mind; whilst we, with all our fanciful "refinement, can scarcely pass an autumn without some "access of a fever, or a whole day not ruffled by some "unquiet passion."

It is beyond a doubt, that a much less quantity of food will support life and spirits, than is generally imagined; and while Diet is given to the body with discretion, it will keep it cool and in proper order: for, as gentle rains refresh and make the plant more lively and pleasant to look on, so temperance and activity feed and render the body more sprightly and durable. To define the word Temperance (with which we shall close our Remarks on Diet), we cannot elucidate it better than by quoting Sir WILLIAM TEMPLE: "But that which I call "temperance is a regular and simple diet, limited by "every man's own experience of his own easy digestion, "and thereby proportioning, as near as can be, the "daily repairs to the daily decays of wasting bodies. "Nor can this be determined by measures and weights "on any general Lessian rules, but must vary with the "vigour or decays of age or of health, and the use or "disuse of air or of exercise, with the changes of appetite, and thereby judge from what every man may "find or suspect of the present strength or weakness of "digestion."

OBSERVATIONS

ON THE

REMEDY.

SECT. IV.

A PERSON conversant in the affairs of life must have been very inattentive, or very fortunate in the circle of his acquaintance, if he has not had occasion to lament the difficulty of cure of these two disorders now under our consideration, of which we have been liberal in opinion, in hopes it may beget a further enquiry relative to their foundation. The nearer we come to truth concerning the cause, the better shall we be enabled to discover a remedy. The necessity of an application to eradicate, at least to relieve those maladies, is a point universally acknowledged. It has excited persons to go out different ways, in hopes of bringing home a charm whose virtue should be of that magnitude, as to subdue those ills, which could not fail to immortalize the searcher. Such a blessing we sigh after;
look

look for: yet, strange unaccountable disposition that possesses us, we would fix the limits on which other sagacious persons are to proceed in search of this desirable object. When a gleam of hope is published, we treat the report with contempt; we ask many frivolous questions, which do not accelerate, but retard. Who is he that has found out the secret? Is he a son of nature or of art? Is the messenger clothed in rich array, coming in his triumphal car, bringing his credentials, which intitled him to make the search? or is the report conveyed in the silent whisper of a newspaper? It is just to own—Candour demands the assertion. The afflicted certainly have often had their attention raised with the delusive cry,—a Discovery, blazoned forth with all the pompous titles vain imagination can conceive; as if they and their new-invented medicine were the only ones so long looked for; which neither is, nor can be exceeded by any present supposed remedy, or that in future may be invented: to crown the eclat, to make all sure, it is often sealed with the King's patent*. Ingenuity may consider the cause, may compose a prescription, and form to the mind pleasing instances of its operations; but, agreeably to Celsus's aphorism, *An opinion of a thing, without a certain knowledge of it, can never find out an infallible remedy; for it is certain, that experience is the principal thing to inform us in a right method of cure.* It must be tried on various subjects, afflicted with different com-

* What a sound! yet forms no criterion of the goodness of a medicine. The question from the President to the Secretary, on Doctor Last's admission at the College of Physicians, is truly applicable.—“Are all the fees paid?”—FOOTE'S *Devil on Two Sticks*.

plaints:

plaints: the validity of a medicine is only known from the general success. Supposing, on trial, it should in excellence surpass the inventor's or the afflicted's sanguine expectation, or even perform more than any medicine we have heard of, still a defect in the medicine, or in the constitution, will, at times, urge the necessity of perseverance in the pursuit of improvements. Our insensibility to a fellow-creature's complaints will be manifest, should we not confess a deficiency in our skill of curing many of the afflicted, or if we do not express a desire a superior remedy or mode of treatment may happily be adopted, either now or in after ages: much praise is due to any medicine now in repute, if we can acknowledge it to be the best we know of at present; but does not, nor cannot exclude the rise of others, when merit paves the way for public reception. Concerning a remedy of which we are the guardians, we have a right to give our opinion: nay, it is required of us. But where is the value of opinion, unless substantiated by facts? These we produce—These have been submitted, from time to time, to public inspection. We are happy to add, conviction has prevailed in spite of opposition, prejudice, and other obstacles, that either envy or interest could suggest, as a bar to the patronage of the afflicted. We admit the cures, say our opponents; but they are performed by a composition made of such ingredients as Mercury and Antimony, with other dangerous ingredients. These arguments, to the inexperienced, come in so graceful and feasible a manner, as cannot fail to gain admittance into the breast of those individuals, who remain as yet unstrung by these fiends. What we use, we are proud to own; we are justified in the

continu-

continuance, by greater authorities than those who libel the mode; or even than those names, who have been powerful advocates for the trial of those minerals, either single or combined, namely *SUCCESS*. Who is it decries the means, or would endeavour to frighten persons in the use? Shame rises on the cheek, when we add, it is persons advertising a nostrum for the same purpose, and, to supply the defects of merit, add, it is as harmless as milk and water, or to that purpose, made of vegetables, and contains no minerals.

Let these triflers in the pharmaceutical art turn to those Sibylline leaves left on record; there review the perplexities, the ardour which glowed in the breasts of many ingenious men, whether dignified by the title of Physician*, or the appellation of Surgeon†, to whose joint care individuals have been committed for cure, and to whom the inmost recesses and workings of the human economy were in an ample manner unfolded. They were characters revered equal to the elders of Israel, "who stood with their censers in their hands, betwixt the living and the dead." They exerted themselves in an eminent degree of assiduity, regardless of the inconveniences that arose on the occasion, or the censure of any person. They were sensible of the malevolent powers of their opponents. They displayed a heart which felt and sympathised with their fellow-creatures' sufferings. Could they in general have prevailed (no matter by what means), they would have thought their tedious, painful processes, amply repaid. They knew

* WILLIS, RUSSEL, HORSTIUS, SYDENHAM.

† TURNER, WISEMAN, &c. &c.

no such distinguished foolish partialities of vegetables and minerals. They called in to their aid all nature, either single or combined, as far as their comprehension extended; and they were justified in the search. It is scarcely possible to read their works, without being affected at the laborious pains they took; yet the blessing of delivering the captive, to them was rarely known. To those eminent failures it was owing that Opinion sprung up, and stamped her validity, and has by increase of years, grown too strong to be easily eradicated: shall we then admit the Scurvy and the Gout are disorders not definable, nor curable, and tamely give way to such ill-fated notions? as if these plagues were ordained only to perplex and to torment the human species; founded on no reason, nor to be accounted for by any physical, mechanical laws, or fathomed by the conceptions of man. We confess we are awed by axioms so universally propagated and received; yet we cannot by any of these arguments, which do not tend to convince, give our assent; nor do they yield sufficient proof for us to sacrifice our hopes; which but for hope*, numbers

* When the mind perceives itself bereft of *hope*, what a change in the body! How quickly is that reduced from a form which we delighted in, to a dreadful monument, whose inscription is *despair*! and proves it to be a mere servile agent, who only acts as the superior residentiary within shall direct and animate. For no sooner is the felicity of the soul eclipsed by outward accidents, than the body is immediately affected, and cannot help displaying the hatchment on the countenance, to inform the bystander, that sorrow or rage dwell within; at the same time neglecting all care for its preservation, by being indifferent as to food for its support: should the pressing entreaties of friends prevail

bers would sink—where? to rest, and give offence no longer to the living; who beholds the ravages disease promiscuously makes, and surveys it with a mixture of pity and of terror. More pleasing prospects arise in these our days. View the multitude relieved—sufficient motives to banish despair from every breast.—Shall we not rejoice? To make comparisons; to exult over other men, amiable in their intentions, though less successful, is not our design. We claim no merit, any more than the pen which marks the words of the inditer, as a mere instrument, an insignificant being, lost among the numerous race which extend over the globe.

Could such vegetables be found endowed with the virtues and powers requisite to perform complete cures in these disorders, who would not rejoice? who would dare to hesitate in giving them the preference? Hitherto Experience has withheld her sanction. It is with reluctance we give up the favourite idea. Until this potent harbinger arrives, borne on his leafy stem, why should we neglect to cultivate a fortunate and a successful management of the minerals? Far from being prone to make use of such pusillanimous practices, in order to enhance the sale of a medicine, at the expence of veracity; we have made it point, when asked the

prevail to take any, the organs of the stomach play the *truant*, and will not dispense with it, until such time as the various storms which have agitated the soul are hushed. This accounts why nervous, and other scorbutic complaints, arising from sudden frights, the loss of friends, or other misfortunes, are very difficult to cure, owing to their absorbing the vital spirits, the very support of human nature.

question, whether or not we made use of mercury or antimony in the composition of the Antiscorbutic Drops, candidly to answer in the affirmative, and to own that even BOTH these ingredients had conjointly their share in the preparation*. In a series of trials on different patients, we tried vegetables alone, but could perceive but little favourable progress, often the reverse, in disorders where stubbornness and inveterate malignancy are their characteristics; which proves the truth of SHAKESPEARE'S observation in HAMLET, that, "desperate diseases require desperate remedies, or none at all." Our best remedies are not to be wantonly sported with, as many of them are chiefly poisons; and their salubrious qualities lie in a rational, judicious, proportioned introduction of them into our fabric: and we have thought it a favourable circumstance that physic should be unpleasant, otherwise people would be continually taking it. Did ever a child think the rod pleasant or desirable? Yet we see excellent dispositions formed thereby. Were vegetables so efficacious as they are said to be, we should not find so many victims to the ravages of the Scurvy as we meet with, who are true spectacles and objects of compassion. From this evidence there naturally arises a conviction, that vegetables are not of that service in obdurate cases as is generally imagined, when a disorder has impregnated the whole mass of the blood, and, in some measure, altered its benign quality.—If so, where

* Our folio bills, for years back, have expressed the medicine was composed of minerals, &c.—If the Vegetable Syrup, which is advertised, will not keep from a speedy decay, how is it to preserve or restore the human body, when it is infected by disease?

are

are we to look for a remedy, but in the mineral kingdom, invested with such power as to correct and to expel the heterogeneous mixtures introduced in the blood, and restore the corrupted fluids to their purity?

Now, to prove that *minerals*, and especially the two chief ones, against which the ignorant and the interested exclaim so much, are of the greatest and most effectual service in these cases, let us attend to what Dr. QUINEY says of them in such prescriptions of his Dispensatory as concern the Gout and Rheumatism, in which composition he admits mercury and antimony. "It is by these," says he, "that many *empirics* have got great fame, when persons of learning and judgment are backward in adventuring on things where there is any hazard; though these by a skilful hand *can never do harm*." They are the basis of many medicines that are now of great esteem in the most obstinate rheumatism, &c." Speaking of another medicine, where antimony and mercury are united, he says, "This medicine is highly recommended by some, as being of the greatest efficacy in scorbutic and scrophulous cases; as also in all glandular obstructions, and many chronical cases, out of the reach of common medicines; and it is likewise said to avail more than any other medicine, in cancerous humours, and obdurate venereal cases." On the other antimonial preparation he makes again this observation: "It is a most efficacious deobstruent, and therefore extremely useful in scrophulous, obstinate scorbutic, and all such like cases." In short, on the occasion of another preparation of antimony, he makes this particular remark: "Almost all the foregoing preparations

“parations of antimony, how severe soever alone, may
 “be so managed by the skilful hand*, as to operate
 “little, or not at all, in the *prima via*, nor be perceived
 “until they are got into the smaller vessels; and then
 “it is that *mighty things* are effected, as the cure of the
 “*Gout, Pox, Evil*, and all those diseases, which are too
 “much the *Opprobria Medicorum*.” Thus it is, this
 oracle of pharmacy speaks, in the highest terms, of the
 virtues of those two great medicines (*mercury* and *anti-*
mony), either separately or blended together.

Dr. CHEYNE remarks, that *mercury* seems pointed out,
 and impressed by the signature of the God of nature, for
 the cure, at least for the relief, of intelligent creatures,
 made miserable by diseases. BELLOST styles it the mira-
 cle of nature, and the greatest gift of God in the whole
materia medica.

In Dr. LEWIS's new Dispensatory, we find the follow-
 ing passage: “The use of *mercury* in medicine, seems to
 “have been little known before the fifteenth century.
 “The Ancients looked upon it as a corrosive poison,
 “though of itself perfectly void of acrimony, taste, and
 “smell; combined with mineral acids, it has a very
 “powerful effect, and affords the *most excellent remedies*
 “that we are acquainted with.”

* The preparations of that wonderful mineral antimony, are
 numerous. Concerning variation in a process which requires
 minutely to be attended to, a little negligence, trifling as it
 may seem, may spoil the whole, either in the mixture, or in
 the length of time for digestion, or the degree of heat produced
 by fire.

Dr.

Dr. HUXHAM, in his Observations on Antimony, in speaking of a certain preparation of antimonial drink, expresses himself thus: " Now in this liquid preparation, the reguline part is already dissolved, and most exquisitely attenuated, so that it passes into the blood with the utmost facility. It should moreover be observed, that, in this form, antimony may be given in the most agreeable manner, without even being perceived, or creating any more distaste than the wine it was made on: Should it be imagined that this medicine, being so safe and easy, can have no great efficacy as an alterative and diaphoretic; I answer, that as it is capable, in a proper dose, of irritating the stomach and intestines so strongly, it cannot be supposed, even in very small doses, to lie inactive in the sanguineous and lymphatic arteries; and both seems, and eventually is, exceedingly well calculated to stimulate and scour the whole vascular system; and some such stimulus are very often highly necessary in the ultimate ramifications of the sanguineous, serous, and lymphatic arteries, where the motion is exceeding slow, and where stagnation, and consequent corruption of the serum and lymph, are very apt to generate a putrid colluvies. By thus universally stimulating, therefore, not only the greatest, but also the smallest vessels of the body, this medicine greatly tends to remove all obstructions formed, or forming, even in the minutest canals; hence most successfully promotes the natural secretions and excretions, in which duly performed, health itself consists. In obstinate rheumatisms, then, in cold scorbutic affections, in moist cutaneous diseases, in asthmatic, leucophlegmatic,

" matic, and isteric disorders; in old stubborn head-
 " aches, the vertigo, epilepsy, and mania, *antimonials* are
 " extremely useful."

On what ground have we then adopted a peculiar mode, by which relief is more easily obtained, is a question which naturally arises to the enquirer. We acknowledge our theory was framed under the supposition, that the Gout, as it stands, confined only to the limbs, as hands, feet, &c. which we conjecture, does take its rise from ill humours natural to a body hastening to decay, and is of the same nature, in the root, as the Scurvy, only diversified in effect, as constitutions or circumstances vary: in the one, occasioning dreadful pains; in the other, where the humour has burst forth, producing unsightly eruptions. When we name the Gout as having affinity with the Scurvy, we do not mean particularly to include that executive part of the Gout, which is complained of in the head or in the stomach: for we consider them as distinct terrible nervous complaints, and not within the benefit of our medicine, so as to receive immediate relief from the application, as the case demands. To dislodge an offensive matter, so closely wove and interspersed within the cavities of the inmost parts, we conceived gentle means might succeed: the introduction of a medicine by the same channel as disease sometimes enters, appeared to us a rational mode; paying a strict regard to the digestive organs of the stomach, which may enable it, by a proper distribution of the food, to give additional strength to the whole; when health increases disease naturally shrinks away, as light dispels the darkness. As malignant and other humours are contracted,

ed, often insensibly, even by the air we breathe in, a medicine should be formed, with a view to contain a general antidote, whose province should be to correct the bad disposition in the blood with the more rarefied fluids, co-operating with nature: a liquid preparation seemed to us the properest messenger of our good intentions. A medicine so happy in its consequence was not the result of a day. On trial, inconveniences were discovered and rectified by the preparer, whenever he found it necessary to vary it, either in the composition, or in the price. The motives, we presume, were justifiable; because lucre has not been the object at either time; for the Public has received a proportionable benefit in the improvement of the Drops; and we trust they shall have no cause for complaint, or arraign us as making a wanton abuse in the important department we now stand in; in which we consider it as an indispensable duty, to use our discretion, guided by experience, so far as to improve and extend the virtue of the medicine, unbiassed by any party.

The merits of our composition we know, and we have seen its good effects. To use any argument to persuade the application, we do not wish to dwell on. We point to the cures said to be performed by this invention, in cases of the Scurvy, Gout, Rheumatism, &c. They have been scrutinised into, both by curiosity and interest. The truth of these cures rests on the evidence of respectable persons, whose testimony the neighbours are satisfied with. Many of the cures come more immediately under our own inspection, arising from the fruits of the Dispensary; a plan beneficial to all parties. We are ready

to acknowledge many of the cures, as related, seem to be beyond belief: the stranger is justified in withholding his assent, until proper enquiry is made.—Suppose, on a nice investigation in these matters, it should be found they are not exaggerated. Let the heart that knows what it is to suffer, make the reply. The afflicted are unhappily made competent judges whether our observations coincide with their experience: it is their duty and their interest to enquire into these reports: nor should they wait for the approbation of those whose interest clashes, which will ever hinder a free dispassionate enquiry taking place, for the mutual advantage of mankind, however strongly recommended by personages, whose advice on other occasions we seem ready to court*.

However Vanity or Humanity may extend a wish to cure all parties, our power is limited. Cures we frequently perform, yet can scarce give credit to our senses. We are amazed at what we see. At other times we receive a disappointment, where we flattered ourselves a speedy acknowledgment. To many our mode seems to be confined to so simple a method, it is refused on that account; forgetting great blessings seldom come in pomp, to awe, but rather in earthen vessels, often formed by some plebeian hand. It is hard to set proper

* Dr. GREGORY, in his *Observations on the Duties of a Physician, and on the Method of prosecuting Inquiries in Philosophy*, expresses himself thus, p. 169: “ I shall only observe as a fact, “ that it appears from the history of medicine, that the improvements in it were seldom owing to those physicians who valued “ themselves upon being regular, systematic, rational practitioners,” &c.

bounds to our prejudice. A prejudice is necessary at times, otherwise this flood-gate bar to impositions would be plucked up, and quackery, another name for knavery, would rush on the public in a perpetual torrent. It is the duty of every one who stands in need of a medical director, to consider attentively; when resolved, they should not let others, strangers to their griefs save the name, pretend to instruct. It also behoves the friends to be cautious what they say, lest it should fret the patient's mind. The scorbutic spots which are situated on the hands and face, are hard to remove, being ever in the sight; ever teasing: each sufferer fancies every beholder sees, detests, and shuns their company: often on this account are voluntary exiles: sufficient cause for failure in a medicine much superior to that we offer; which let the afflicted adopt in open day, or seek for a better. Let them act a reviewer's part on this publication, and freely point out where they think we are censurable, either in neglect, or in presuming too much; for zeal, even in a good cause, sometimes needs a check.

On the Application of the proposed REMEDY.

WITH respect to the mode of administering a medicine, from the use of which so much felicity is expected, the Prescriber has, in an ample manner, taken care to be explicit in the Folio Bill given with each bottle of the Drops. If the instructions therein contained are observed by the patient with the usual circumspection on these occasions, it will vanquish those imaginary ills which naturally occur to a mind sensible of the importance of health, and will as kindly administer relief, in

terms as agreeable and convenient as any rational being could well devise (more so when the malignancy of the disease is considered), neither intruding on business or on pleasure. Nor does the delicacy of peculiar circumstances incident to the fair sex (even pregnancy) forbid the application: at all seasons of the year it is peculiarly friendly, agreeing with the bodily constitution in general, by suiting the dose according to either the strength or the age of the patient. The time recommended in administering the Drops is at breakfast, dinner, and supper, with a view to convey the operative powers of the medicine with more ease into the inmost recesses of the animal economy. "By this means, the virtue
 "of the medicine kindly mingles with, and more
 "effectually insinuates itself into, not only the saliva in
 "the stomach, but also all the humours that flow into
 "the right ventricle of the heart, as well as the arteries
 "and veins; by which the much desired emendation and
 "correction of them are the sooner and more easily
 "brought about*." By excess, the most innocent articles, used to prolong life, are made to act as a poison. From the pleasing benefit experienced in the use of a limited number of the Drops, many persons are erroneously led to expect a greater one by increasing that quantity still further even than their constitution can bear, which is a mistaken and a hurtful notion: therefore the patient would do well to observe, not to take more than he finds agreeable, and creates no disgust in the stomach; for

* Persons may continue the Drops with additional benefit when they go to Margate, Bath, or Bristol, to drink or bathe in those waters; but not when they use the cold bath, without lowering the dose prescribed, a few days before bathing.

that

that too much medicine may be as bad as too much food, is a maxim as evident, as that an over-quantity of oil will rather clog up a machine than facilitate its movement. The judicious administration, and not the intrinsic virtue of a medicine, is chiefly to be confided in, as the leading principle to attain the great and salutary end it is intended to produce.

On the EFFECTS.

IN the administration of any medicine proposed as a remedy for the recovery of health, much candour, a much greater confidence than is generally experienced, is required by the party who solicits relief through the medium of physic, which can only act agreeably to certain rules originally instituted by Nature. In all our complaints of the human body, the cause should be the first object of consideration; application of a remedy, the second; and lastly, the effect, the result of such consideration and application. From these circumstances repeatedly acted over on various persons afflicted with different maladies, some general conclusion may be drawn, profitable and edifying to those persons who are interested therein; which has enabled the Prescriber to form a medicine, the intention of which is to act as an alterative, easy in its administration, powerful in its executive office, and so far from giving offence to the nervous system, that it is peculiarly friendly to that part, as also a strengthener of the stomach, being endued with the quality of promoting the digestion of the aliment, thereby preventing wind from accumulating—frequently the cause of head-aches, vapours, and other indispositions of the like nature. In various constitutions, a variety of sensations are experienced

perienced by the afflicted, who recur to the Drops for relief. Sometimes the merits of the medicine are displayed in expelling the humours more to the surface of the skin, owing to the assistance Nature receives. This will sometimes alarm, and be taken for an indication that the malady is worse; whereas it is a promising sign of the operation ending quickly with the desired effect. At other times, for a while the humours ebb and flow, as it were, alternately, owing to change of weather and other accidental circumstances: in some persons these alterations are not observed; but the spots, heats, running wounds, frightfully large and deep, contract and heal up; swelled limbs, stiff, and full of pain, become pliant, and return obedient to their respective stations; scurfs on the head and body diminish gradually, and leave the skin smooth; Rheumatic and Gouty complaints find redress*; nervous disorders give way to strength; a livelier colour is once more observed to dawn on the face. In advancing the above assertions, we are warranted by the numerous opportunities we have had of observing the good effects of the medicine in various stages, and a diversity of cases that our Dispensary†, instituted 1773, hath sur-

* As we consider the Rheumatism, except when it arises from a cold, to be in a great measure owing to the same cause as the Gout, we have not thought it at all requisite to say any thing in particular of that disorder, in the cure of which our Drops have been remarkably successful.

† The plan on which it is conducted has been repeatedly announced in the papers—every creditable housekeeper's recommendation is attended to. Many dispensaries have been supported with great ostentation; but for real benefit, an easy form of admission, unassisted by solicited subscriptions of the nobility, I will place my humble scheme in the scale of competition for public patronage.—The number relieved are 8013.

nished

nished toward instruction. The afflicted recurring to them, and to other respectable personages, may find a pleasing prospect of relief, perceiving, as they will, the most unsuspected averments of cases so very extraordinary of themselves, and so fortunate in their circumstances of cure, as at once to claim their fullest credit: even many of the Faculty have frequently witnessed to the truth: nor can we doubt, from the very great experience already obtained of the excellency of the Drops, that whatever is to be performed by medicine, either in the Scurvy or in the Gout, may be hoped for from the alterative known efficacy of the medicine, the tendency of which is to purify the animal fluids, quicken the circulation of the blood, and check or destroy those corrosive humours which give rise to disagreeable, unsightly irritations on the skin, or inflammatory swellings; sufficient cause to render the situation of the afflicted uncomfortable, although surrounded with affluence; which brings to remembrance the pleasing ideas of former times, when they enjoyed Freedom.—Could they once more regain their health, they would be indifferent as to the shape or the manner of the Conveyer of so great a blessing; for praise they would give—where praise was due.

F I N I S.

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 them, and to other respectable persons, may find a
 pleasing prospect of relief, particularly as they will the
 most unobtrusive, and in some cases to very exten-
 sive of themselves, and to themselves in their circum-
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 which give rise to the disagreeable, and often fatal
 eruptions, or inflammatory swellings; sufficient cause to
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 though attended with all the usual signs of a
 moderate the pleasing ideas of future success, when
 they enjoyed freedom. I could not but regret that
 their health, they would be indebted, as to the shape or
 the manner of the Conveyer, to give a blessing; for
 what they would give—where pain was due.

K with the handwriting
A D D E N D A.

When the Second Edition of this Treatise on the Scurvy was sent to Press, a double Quantity of the Appendix was printed, which will account for this separate List of Cures.

The following extraordinary case merits the attention of the afflicted with the scurvy, gout, rheumatism, and other complaints arising from impurities of the blood, &c. &c.

April 18, 1783.

Mr. John Bennet, Master of the Three Compasses, in Kensington, near London, has experienced a remarkable cure by Mr. Spilsbury's Drops, of Soho Square, London, in a case of the piles (of fourteen years standing) which turned to a fistula. He was cut by a gentleman of the faculty in Westminster; but in three weeks after he was as bad as before the dreadful operation. His cure was completed by taking twenty seven small 4s. bottles.

Mr. Hatchet, near Mr. Green's brewhouse, by the Westminster Infirmary, will attest the same, as knowing the particulars, and how soon he found relief by the medicine.

N. B. However surprising this Cure and many others may appear to the public, yet I have the pleasing satisfaction to assure the afflicted, that if an opinion may be formed from the operative power of the Drops, no person need despair of receiving a Cure.

Soho Square London.

FRS. SPILSBURY.

TO MR. SPILSBURY

S I R,

October 22, 1783.

SOME years back I had a violent fever, by which my leg was affected, and four years ago it broke out in large holes, and was attended with a Scurvy and great pain, so that I was confined in a helpless state: About eighteen months ago, hearing of the many Cures your Drops had performed, I procured a few bottles, and found wonderful relief: my leg has been healed up this twelve months, and the Scurvy removed from my leg. Further particulars may be known by calling at my house, No. 291, White Chapel Road, London.

AL. GUTERIDGE.

Also, a young girl, sixteen years of age, whose father worked with Mr. Seaton, Jeweller, in Gutter-Lane, Cheapside, London, has been cured by a few small bottles of my Drops, of a Scorbutic humor which had settled on the lower part of her face; she was so bad, as to wear a Linen Mask over the affected part.

F. SPILSBURY.

An extract from Mr. RAIKES's Gloucester Journal, Jan. 23, 1784.

WE beg leave to lay before our readers, a copy of a letter from a respectable Gentleman of the County of Gloucester, relative to the efficacy of a favourite medicine with the public, in the cure of the scurvy, gout, rheumatism, childrens eruptions, nervous complaints, &c.

" To Mr. SPILSBURY, Chymist, Soho-square.

" S I R,

" EVERY body afflicted with the scurvy should have recourse to your invaluable Drops. The cure they have wrought on me, in a most violent scurvy, which discovered itself by a dangerous carbuncle on the back of my neck, and

A D I E N D A
breakings out in different parts of the body, particularly my legs, which was ulcerated to a very alarming degree, demands my grateful and public acknowledgements. On the 8th of January, 1783, by the approbation of my apothecary, I began to use your Drops; I have regularly taken twenty-two small bottles, and though the disorder is quite overcome, I intend continuing them a little longer by way of precaution. I am, Sir,

"Your obedient and obliged servant,

"JOHN WHITEHORN,

"Charlton Kings, Gloucestershire."

Also Mr. Peter Salmon, Wool-man; and Mr. Henry Roberts, Bricklayer, both of Thetford, have authorized Mr. Wilson, Bookseller, in Thetford, Norfolk, to mention their address, as having been greatly benefited in their health by Mr. Spilsbury's medicine.

From the Bath Chronicle, Sept. 23d, 1784.

Mr. STEPHEN CHASEY, of East-Pennard, near Shepton-Mallet, Somerset, was afflicted twenty years with a rheumatism, attended with a strong scorbutic humour which at intervals broke out in different parts of his body, which caused great pain and irritations, so that he could not stoop to exercise his ordinary business, and was obliged to walk with a stick, neither could he take his natural rest — He was recommended to try Mr. Spilsbury's Drops by Mr. Cary, Bookseller, in Shepton-Mallet, and by taking a few bottles was perfectly cured, and has felt no return of his complaint these six years. — Witness my Hand,

Sept. 3, 1784.

STEPHEN CHASEY.

Mr. PARKHOUSE, Bookseller, of Tiverton, Devon, has also transmitted to Mr. Spilsbury the case of a lady in that neighbourhood, who was afflicted with such a virulent scorbutic humour that her life was really a burthen to herself, and her appearance piteous to the beholder, having kept her bed several weeks; the faculty had given her over, and as the last resource she was ordered to Bath. At the earnest solicitation of a friend she was prevailed on to try Mr. Spilsbury's Drops, a favourable alteration took place within a month, and a continuance of the medicine perfectly restored her to good health, in which she has continued these three years.

Motives of delicacy prevent the publication of the lady's name; but Mr. Parkhouse will inform any person of her address.

Just published, Price One Shilling,

The Second Edition,

DISCURSORY THOUGHTS, &c. disputing the Construction of his Majesty's Hon. Commissioners and Crown Lawyers, relative to the Medicine and Horse Acts. To which are added, the Opinions and Resolutions of the Farmers in Scotland, viz. Not to enter every Drudge Horse, which is rode on. Also pointing out a Parliamentary Remedy for the Grievance People sustain by the equivocal wording of the above Acts. With Remarks on the late Trials concerning the Medicine Act. By FRANCIS SPILSBURY.

Sold at the Dispensary in Soho Square

TO F. R. A. SPILSBURY.

Friend Spilsbury,

Exon, 12th of the 10th Month, 1785.

I HAVE to congratulate thee on the extraordinary success of thy Drops on a servant of mine, viz. Susannah Skinner. Her complaint was an obstinate ulcer in her leg, of fifteen years standing. She was three times in the Devon and Exeter Hospital, where she received temporary relief; for on returning to her usual exercise, the ulcer soon broke out again, and increased to a considerable size, which from its swelling, pain, and inflammation, together with the foul state it was in, the leg was shocking to the sight. I recommended thy Drops, and also took her into my house, to observe the effects of the medicine, and the progress of the cure, which has been happily effected, without one day's rest. The ulcer has been healed about seven months.

I am thy friend, T. SPARKES, Surgeon and Apothecary in Exeter.

Also the E-VIL cured.

THOMAS TAYLOR, son of Mr. Taylor, Locksmith, in Kingsgate Street, Holborn, London, was sorely afflicted with the Evil. He had two holes on his right hand, and a bad finger on his left; his lip swelled very much; his sister died of the Evil; he was recommended by an eminent Surgeon to try Mr. Spilsbury's Antiscorbutic Drops, by which he was cured; and Messrs. Naylor, Penman, and Barnwell (all housekeepers on the spot) have witnessed his cure.—
Oct. 25, 1785.

TO MR. SPILSBURY.

S I R,

Farnham, Surry, Dec. 14, 1785.

THE wonderful relief experienced by your Antiscorbutic Drops, on a person of 76 years of age, claims an acknowledgement for public benefit. My case in August, 1782. I had a virulent scurvy, which affected my body, more particularly my legs; my right leg so bad, having three wounds laid open; dreading a mortification, which was apparently coming on, I sent for a surgeon, under whose care I received not the desired effect, and by his recommendation I began to take your Drops; in November my wound had a better appearance, yet the Scurvy continued very bad; about August, 1783, my body was free from the Scurvy, but the wounds in the leg were now spread into one; in September my foot swelled to an enormous size, and broke out into five holes; at Christmas, 1783, all my wounds healed up, leaving no appearance of the Scurvy.
Witness my hand, JOHN STURT.

Mr. Mark Jenkinson, a respectable farmer of Borroby, near Grantham, in Lincolnshire, whose body and arms had many large blotches, attended with a hot Scorbutic humour; by taking two small bottles of Mr. Spilsbury's Drops he has obtained a cure.

Witness JAMES QUANBROUGH,

Jan. 20, 1786.

Perfumer in Grantham.

RHEUMATIC FEVER.

A gentleman resident in Barnstaple, Devonshire, who for two years had laboured under a violent rheumatic fever, was cured by taking eight five shilling bottles of Mr. Spilsbury's Antiscorbutic Drops.—Witness Mr. Murch, Bookseller in Barnstaple. June 1, 1786.

An extract from the Chester Chronicle, May 26, 1786.

Another recent and indubitable instance of the superior excellence of Mr. Spilsbury's Drops, preferable to other medicines in purifying the blood, is displayed

played in the case of Mrs. Chambers, of Greenfield, near Holywell, Flintshire, who, although in an advanced period of life, was afflicted with the scurvy in a deplorable manner, has experienced the happy effects of a cure, by taking three bottles only of his drops. Witness Mr. Poole, bookseller, in Chester.

Mrs. ANN MACEMAN, residenter in Edinburgh, having been long afflicted with a scurvy, was recommended to the vender of Mr. Spilsbury's Drops, by Messrs. Stewart and Storie, of this city. She accordingly took three 5s. bottles of this valuable medicine, which has had such a wonderful effect, as to remove entirely her scorbutic complaint.—Witness John Caw, Stationer, Lawn Market, Edinburgh. July 8, 1786.

Mrs. ANN GEE, at Mr. Philbury's No. 27, Crown-street, St. Giles's in the Fields, London, was afflicted with a violent scurvy in both her legs, for which she was six months an out-patient in the Middlesex Hospital, and received no relief, was then recommended to Mr. Spilsbury's Dispensary in December, 1785, and by taking his Drops, she is cured. August 5th, 1786.

To Mr. SPILSBURY, Soho Square, London.

S I R,

CARLISLE, July 4, 1787.

I congratulate you on the extraordinary cures performed by your Antiscorbutic Drops, in this neighbourhood. Several cases would appear fabulous, if I did not know them to be true, particularly the case of Mr. YORK, Gunner of Carlisle Castle. In 1779 he was seized with a most inveterate scurvy, which broke out over his whole body, deprived him of his sight, ulcerous holes in different parts of his body, so large as would contain a large marble. Medical assistance, for several years, in the general line, proved ineffectual, his surgeon and friends despaired of his life, and gave him over.

Hearing of your cures he had recourse to your drops, which wrought a miraculous cure on him; his sight is restored, the blotches and sores are all healed up, except a little spot on the back part of his head, and has been so for these twelve months past. Your medicine has also performed other great cures in this city.

I am, Sir, &c. &c.

Bookseller, in Carlisle.

FRANCIS JOLLIE,

Mr. HORDEN, Bookseller, in Peterborough, in a letter to Mr. SPILSBURY, June 28, 1787, relates the case of a gentleman afflicted with violent oppressions in the stomach, arising from the Scurvy, which rendered his life burthensome, nor could he obtain that relief from the Faculty he required; but by taking the drops he soon received great ease, and by continuing them is cured.

Another Proof of the amazing Power of Medicine.

To Mr. SPILSBURY, Chymist, Soho-square, London.

S I R,

Sept. 28, 1787.

Some time since I had the misfortune to fall down and bruise my right leg, which brought out a violent scorbutic humour all over it. For about a Twelvemonth I made trial of various medicines, in order to effect a cure, but in vain. So far were they from answering the wished for purpose, that the humour continued to increase daily, insomuch as to confine me to my bed for five weeks, and to make me apprehend very serious consequences. At length I had the good fortune to take your drops, and to my great satisfaction I now assert, that when I had used but one large bottle, I found myself much benefited, and that about three bottles more cured me.

I am, Sir, &c.

JOHN ROBINSON, Printer,

At the Printing Office, No. 4, Peterborough Court, Fleet Street, London;



A P P E N D I X.

C U R E S

Performed by the *Antiscorbutic Drops*, prepared by
FRANCIS SPILSBURY, *Chymist*,
SOHO-SQUARE, LONDON.

AS Medicines of real efficacy can never be without the most satisfactory vouchers of their merit, the subsequent cases are respectfully submitted, no less in testimony of the unrivalled reputation of the Antiscorbutic Drops, than for the information of the afflicted, who will not fail upon reading them to meet with the most happy cures of disorders *similar to their own*; and it surely is not saying too much, that the *benefit* done to *one* may be *experienced by another*. Various services have probably been done by the use of these drops that have never reached our knowledge; many patients whom we know have received the compleatest cures, but feelings of delicacy deny us the privilege of announcing them to the world. Thus circumstanced, we beg leave to appeal to the candid, and to submit the after-mentioned cases, not as the whole that might be given, were patients *equally* communicative, but as *sufficient* to demonstrate that the medicine is, in its extensive *practice*, rather *superior* than otherwise to the *expectations* that may be formed from the *greatness* of its *promises*.

(2)
A Young lady having over-heated herself with dancing, and drank some cold water, was the next morning seized with a violent head-ach; this went off with proper applications, but in a few weeks after she broke out all over her body, and particularly in her face, in great pimples; her apothecary had done what lay in his power; her body was better, but the humors seemed settled in her face. She began with one large bottle, after taking of which she was neither better nor worse than I could discern; but after the second she seemed better, the pimples were not so large nor fiery, which encouraged her to continue, until seven large bottles gave her a complete cure without any outward application.

A young lad, sixteen years of age, going into the country in the summer, it being very sultry, by too violent exercise over-heated himself; a rash was the consequence; it came out in small white pimples, very thick, like the small-pox, and not taking proper notice of it, it struck in. In about a year after his face came out with large bumps like boils, which were full of blood and white matter; these kept coming and going for five years, his body having little eruptions, which itched violently, and at last turned to a degree of the leprosy, with white branny spots. He had tried physic of various sorts, from different hands, to little purpose, being sometimes better, and sometimes worse. I ordered him my Drops, with five bottles of which he recovered, though he continued to take them for a month after. This person, as well as the foregoing, had a very good appetite, and, indeed, in general I find most young folks that have these scorbutic complaints have a good stomach, and eat heartily.

A lady, who took little other exercise than that of riding in her coach, and not having her health regularly, her legs began to swell, and some time after broke out in sad sores, and were terribly ulcerated: she was blooded and purged so much as to be brought very low. She was removed to another part of the country, to see what change of air would do; one part of her health she recovered, but these bad ulcers remained; she was for my drying them with outward applications, but on representing the danger, she complied with my advice: when she took one bottle she seemed worse; I recommended, however, another, advising her to walk as far as her strength would allow. By this method she recovered in about three months, taking the Drops constantly.

A young girl, ten years old, was cured of the leprosy by these Drops; her arms, legs, and head were terribly scurfed over; no sooner one was peeled off but another came; they itched violently, and run very much.

A gentlewoman, of forty years of age, was sadly troubled with an inflammation in her face for seven years, attended with great heat, and hard red pimples that would not digest: she could scarce see out of her eyes. After making use of various medicines, great quantity of diet drink, with lotions, drinking and bathing in salt water, and with other minerals and chalybeats, all to no purpose; she was cured by these Drops, and a decoction of the bark.

A captain's lady was terribly afflicted, her arms from the elbows to the wrist being almost one scurf, her legs the same, only more corroded; her head full of sores, and her gums quite spongy and decayed from the teeth; great weakness in the knees, and when she drank any thing strong they heated
and

and itched, so that she would scratch the places and lay them raw presently; the scales that came off were like those of a fish, and some as broad as a shilling: the inside of her ears were scurfy. She was greatly reduced when I saw her, and complained of pains like the rheumatic; she had been under a long course of trying many things, but did not keep to any one medicine, or one person long, for the expected miracles; the third bottle mended her much, and she was quite well before her husband came from abroad. When she got better the scurf began to break in the middle, or form a shape like a crescent; in the middle it would be whole smooth skin, and almost all round it would be scurfy; and I have generally observed that these scurfy eruptions mend and go away in this manner, and when quite well leave no scar behind, except of ulcers that have eat deeply in.

A young lady was inoculated for the small-pox, and got well over it to all appearance, but that arm where the incision was made did not heal up, and soon after broke out in running sores and spread itself; the other arm was infected, and the face like so many boils; when one seemed to mend, another grew worse, till at length the child had no strength, and could not be moved without pain: she had been well physicked by the person who inoculated her, in hopes to carry off the humors. I gave her the Drops in small quantities at first, and so increased them; her strength and appetite came by degrees about three weeks after she began taking the medicine.

A young woman in *Spitalfields* was afflicted with a scorbutic disorder: she had at first small pimples come out of her face, which soon grew to large blotches, attended with a violent pain of the head at times; her body was so sore that she could scarce bear her stays, or turn herself in bed. I first ordered her gentle physic, then began taking the Drops, and when she found her humors too hot, to drink a little water, with a small quantity of cream of tartar or nitre dissolved in it. By these medicines she quickly recovered.

Another person was troubled with a scorbutic complaint; his arms and legs would come out in pimples, itch violently, and when he scratched them there would gush out a black grumous blood. He had worn a girdle for it, but found no service, so left it. I gave him some bottles of Drops, which he took, and soon got well.

January 1, 1770.

Mr. *Thomas*, of *Spitalfields*, had been many years afflicted with an inveterate scurvy; his legs had large blotches covered with scurf, that peeled off, and new ones came; his head was almost covered with scurf that stuck very hard, and were greatly inflamed; a humor ran from them that smelt strong, and his eyes were weak. By the use of these Drops, and a cooling regimen, he recovered his health, and at this time has not a spot to be seen.

SIR,

Abingdon-street, Westminster, Feb. 3, 1770.

As my complaint is peculiar, and the benefit I have received from your Drops had a surprising effect in curing me, I am desirous it may be published for the benefit of the afflicted. I have been troubled with eruptions of a dry scurf over most parts of my body several years, a swelling in one of my legs, no pain, but a great itching and hard, attended with an uncommon lowness of spirit, and a great weakness and cold constitution. I tried many things, but to no purpose, after which I was recommended to your Drops; on the taking of three bottles I found my weakness to abate, and my health to return gradually, and by continuing the use of your medicine I am perfectly cured.

I am, Sir, with a heart full of gratitude, your well-wisher,

ELIZ. HOPKINS.

(4)

Mr. *Lofts, of Norwich*, presents his respects to the Proprietor of the Universal Antiscorbutic Drops, and is obliged to him for his advice, particularly in regard to his child's mouth; and has the pleasure of acquainting him of the perfect recovery of his son's disorder, by the constant use of his Drops.—His case:—He was afflicted with the leprosy, which first came out in spots, then pimples, which spread and turned into large scurf, sometimes dry, and sometimes moist, attended with a fever; the lips parched up, the gums eat away, and smelt very strong; every morning a white lea was upon them, which washed away; when he got better the scurf came off, (as described in your book) and the humor gradually ceased, till the natural skin appeared. You have my leave to publish this. I am, Sir, your humble servant,
January 13, 1770. L. LOFTS.

SIR,
Greenwich, Feb. 9, 1770.
 I have for years past had an obstinate scurvy, which baffled the art of medicine from different hands; likewise the *Bath* water. Bathing in the sea produced no cure, for like the sea it ebbed and flowed. Hearing great praise of your medicine, I was induced to make trial of it, and a few bottles convinced me it was deserving of it; my spirits and appetite, which before were weak, increased amazingly; my scorbutic blotches, which infected my face and body, began to disappear; my body is now regular, which before was costive, and by taking ten bottles I am restored almost to another person, to the surprise of all my acquaintance. Your obliged humble servant,

S. CREECH.

SIR,
Chelsea, June 23, 1771.
 I have the pleasure to acquaint you, that my wife has received a perfect cure of an inveterate scurvy by taking your excellent Drops, and complying with your advice; as her complaint is so very common to the human frame, it would be injustice in me to conceal it from the public. She had been troubled with slight eruptions on her skin from a child, on different parts of the body, that did not last long at a time, but went and came as the year proved favourable. About eight years ago the disorder began to settle, and increased on several parts of the body, arms, legs, face, and the crown of her head, with a dry scurf, which came off, and then discharged a yellow corrosive matter, particularly those blotches on her legs, which heated and itched prodigiously; her complexion was yellow, her stomach could not digest her food, but was generally thrown up again with a soreness that set her teeth on edge; no desire to stir about, but heaviness hung upon her, and when the sores on the head did not run, a head-ach and dimness of sight generally attended, which went away again on a discharge of the humor. Such was her situation when she began to take your valuable medicine, with the third bottle of which she found an alteration, and by persevering in the use, has had the happiness to be restored to her health entirely, and is free from those tiresome complaints. It is now five months since she took any Drops.

I am, Sir, with great respect, your humble servant,
 FLETCHER READEN.

SIR,
Preston, Dec. 2, 1772.
 I should be wanting in gratitude to you, and compassion to my fellow-sufferers, did I not make public the cure I have received by taking your valuable medicine.

• The medicine prescribed for the gums when eaten away, as mentioned, with a corrosive matter, is very efficacious, and is as follows: Take tincture of myrrh and rose water an ounce of each, honey of roses four drams, elixir of vitriol sufficient to give it an agreeable acid; dip a feather, and touch the part four times a day. This gargle may be used for a fore month.

medicine. Know, Sir, I have been afflicted upwards of seven years with eruptions on several parts of my body, like the leprosy, with branny scurf which rubbed off easily, but came again with itchings, and at times ran and smelt very bad; likewise large pimples on my face, full of matter. Having tried many things, I began to despair; but hearing so much said in the praise of your Drops, I ordered half a dozen, and found them exceed my hopes, and by continuing them am perfectly cured.

I am, Sir, with much respect, your most humble servant,

ZACH. TOMKINS.

Edward Edwards, of Wither's-court, Whitcross-street, London, maketh oath, that he the said deponent was afflicted with a scorbutic humor for several years past in his face, which occasioned his lips to swell to that bigness so as to distort his face, and prevent him from speaking plain; likewise, on his arms and other parts of his body large bumps as big as hazle nuts frequently came out with burning heat like fire, after taking several things to no purpose. The said deponent also declares, that he had heard of the great cures performed by the Universal Anscorbutic Drops, upon which he took one dozen of bottles, by the sole use of which he has obtained a perfect cure, and now remains in perfect health.

E. EDWARDS.

Sworn at the Guildhall of the City of London this 6th day of May, 1773,
before me,

J. BIRD.

SIR,

Rutbin, in Wales, Nov. 19, 1773.

It was with great reluctance I could be persuaded to try your medicine, (after I had taken so many in vain) though it came with a powerful recommendation, viz. the cure of a friend. I was afflicted above eight years, struggling with a complication of scorbutic disorders, bad digestion, an ulcerated leg, frequently troubled with the piles, a scurf on the head and other parts of the body, which scaled off like the leprosy, and sometimes itched so terribly, that I often scratched the place till it was raw; such was my condition when I began to take your Drops. Wonderful indeed! After I had taken a few bottles I found an amazing difference, and by continuing them three months I was quite restored to my health, and am now entirely free from those dreadful complaints. With pleasure I recommend them to the afflicted,

And am, Sir, with gratitude, your most obliged humble servant,

O. HINSDEN.

SIR,

Litchfield, Jan. 1773.

I had long laboured under a complaint of the scorbutic cancerous kind, which rendered my life burthensome, viz. several ulcers in my legs, which had eaten very deep, a bad habit of body, frequently in a fever, accompanied with a foetid breath; on my head several sores, sometimes dry, other times moist, a great weariness by day, little or no rest by night, and that disturbed; my blood very hot, and itched violently, particularly in the winter season, as you have particularly described in your useful Treatise on the Scurvy, the reading of which first determined me to make use of your excellent medicine, by the use of which I gradually recovered, and am now in perfect health, entirely free from those complaints; it is now five months since I left off taking the Drops. In gratitude for your advice, and justice to your noble medicine, you have leave to publish this.

I am, Sir, your humble servant,

EL. RIPPIN.

SIR,

SIR,

Malden, in Essex, Feb. 21, 1773.

As a farther testimony of your Drops, and a satisfaction to the public, I do hereby acknowledge the great benefit I have received by an easy, expeditious cure of an inveterate scorbutic leprosy, dispersed over several parts of my head and body in large blotches, attended with lowness of spirits, and an excessive itching, which smelt intolerably when the discharge was profuse. I was afflicted several years, and at a prodigious expence, all to no purpose, but grew worse. One day I read the remarkable case of Mr. Baker, fifteen years standing, cured by six bottles, which determined me to try your medicine. Happily for me a few bottles allayed the itching, and my sores began to decrease: I continued, and by taking ten bottles am perfectly recovered, and now enjoy my health. You have my leave to publish this.

I am, Sir, your ever obliged servant,

ANT. BENTON.

SIR,

Stow, in Gloucestershire, June 1, 1773.

What pleasure must it give me (who has been severely afflicted with an inveterate scurvy over several parts of my body for several years) to acquaint you I am cured by taking of seven bottles of your valuable Drops, after having tried many other medicines in vain. You have my leave to publish this.

I am, Sir, your humble servant,

H. LEWINGTON.

Likewise Mary Robinson, a maid-servant, at Goldsmith's coffee-house, London, was cured by four bottles of a bad surfeit, (caught by drinking cold water when she was hot) which broke out in yellow unsightly spots about the neck, and other bad symptoms.

June 15, 1773.

SIR,

London, June 17, 1773.

By the recommendation of a friend, who was cured of a scorbutic complaint by two bottles of your Universal Antiscorbutic Drops, I was induced to try them for an inveterate scurvy, which was as follows:—For several years I was afflicted with eruptions, which at last settled on my arm, and was so swelled, and in such a bad, painful, inflamed condition, as to fear the loss of it. I applied to an eminent surgeon, but without relief; I then was a patient at the London Hospital, but could not get cured; the swelling was abated, but left a fixed large liver-coloured place as broad as the palm of my hand above my wrist, which sometimes was so bad as to oblige me to leave my place at service. On taking five of the bottles the large spots and all others were entirely removed, and my skin quite smooth; and by taking three more I am perfectly cured, and have not found the least return of my disorder. Any person calling at No. 22, Wood-street, Cheapside, may be fully satisfied of the truth and particulars.

I am, Sir, your humble servant,

SH. BURDEN.

This is to certify, that I Thomas Roach, son of Patrick Roach, of the parish of Clonallon, in the county of Down, was afflicted for several years past with an obstinate scorbutic disorder all over my body and arms, for which I had taken many medicines without finding any benefit, and from the virulence of the disorder had almost despaired of recovery; but being recommended to try your Universal Antiscorbutic Drops, I found six bottles of that valuable medicine produce a convincing proof of its surprising efficacy, by compleating a cure to the astonishment of every person that had seen the state of the disorder; it is now several months since I quitted taking the Drops, and I have not found the least symptoms of its returning. Given under my hand, *Oct. 29, 1773.*

THO. ROACH.

Witnesses—John Caulfield, merchant, and R. Stevenson, bookseller, in Newry, Ireland.

SIR,

SIR,

November 4, 1773.

A few years ago I got a bad furfeit by drinking cold water when hot, which soon broke out in an inflammatory rash on my arms and other parts of my body, which itched intolerably. Having tried various medicines, with the assistance of one of the hospitals, all to no purpose, I heard of the extraordinary cures your Universal Drops had performed; I tried some of them, and happily for me, eight bottles cured me without trouble or pain.

I am, Sir, with gratitude, your humble servant,

S. JACKSON.

At Mr. Stockford's, No. 22, Gutter-lane, Cheapside, London.

SIR,

Turnmill-street, Jan. 10, 1774.

The kindness I have received at your hands (in curing me of an inveterate scorbutic disorder by your Universal Antiscorbutic Drops, when I was in the midst of despair, having tried many medicines in vain) demands the tribute of a grateful acknowledgment; and for an encouragement to others I will relate my case:—I was afflicted near seven years, chiefly on my left arm, from my elbow to the wrist, which formed a crust, and a continual scalding humor ran down to my fingers ends, the same on my neck, a large place which run to my waste, and itched so intolerably, that I scratched in my sleep to such a degree that I was frequently raw; my stomach was weak, and in so poor a state, that almost every day there came off half a pint of clear water, and continually drowsy; every one that knew me said I was in a deep consumption. After I had taken four bottles my stomach was much strengthened, and I mended daily, and by continuing am perfectly restored to my health, and free from all complaints, as hundreds in the neighbourhood can testify.

I am, Sir, your humble servant,

W. TURLEY.

Witnesses—Mr. Evans, at the Turk's Head, Turnmill-street, and Edward Harrison, Well-street, Oxford-road.

SIR,

London, March 5, 1774.

If mankind in general were ready to communicate to the public the good effects they receive from medicines, many persons would be infinitely obliged to them, as they might be relieved (at a very small expence) from the most dreadful complaints, as I have been, which induces me to desire you will publish mine, and which is as follows:—About eight years ago a bad irritating humor broke out on my body, arms, and legs, in small pimples, which itched intolerably, and kept growing worse, so that the humor got so strong as to effect my eyesight, attended with a bad head-ach and a pimpled face, accompanied with a lost appetite and a fever: after having tried various medicines to little purpose, I was advised to try your Universal Antiscorbutic Drops; after I had taken two bottles I found relief in my head and eyes, but the medicine then forced the humor out in a number of large boils on my body, some of which were as broad as a crown piece, and discharged a foul corrosive mater for seven weeks, and then healed up gradually. I continued taking the Drops, which created an appetite, and agreed with me very well, and so purified my blood, that I am now entirely free from all complaints, having not taken more than eleven bottles. Any person calling at No. 5, Charing-cross, opposite Northumberland-house, shall be satisfied of the truth of the above.

I am, Sir, your obliged humble servant,

JOHN VALENTINE.

March 5, 1774.

Mr. Sagoe, keeper of the toll at the Obelisk, Blackfriars-bridge, was very much afflicted with the gout in his feet, but was so much relieved by one five shilling

shilling bottle, and a decoction of sarsaparilla at night, that in a few days he was able to wear a common shoe, to the great surprise of all his acquaintance.

April 2, 1774.

Thomas Granby, four years old, son of Mr. Granby, at No. 2, Britannia-row, Lambeth, near Westminster-bridge, was terribly afflicted with a bad ulcerated head, and other swellings and pimples on his body, but cured by two bottles only. After taking the first bottle the sores discharged a foul corrosive matter, which smelt intolerably, and then healed up gradually, as usual in those complaints.

This is to certify, that my daughter, of fourteen months old, was cured (by one seven shilling bottle of Spillbury's Antiscorbutic Drops) of a very bad swelling on the ear, of several weeks standing, which run a foul matter, and the humor crept along the cheek with a white scurf, which peeled off and then came again. Witness my hand,

May 14, 1774.

JOHN CRAWFORD.

At the Castle, near the Turnpike, Westminster-bridge, Surry.

June 15, 1774.

Mrs. Jane Stevenson, of Stamford, Lincoln, who was troubled with the scurvy, attended with lowness of spirits, rheumatic pains, and loss of appetite, for near two years, was cured by five bottles. Witnesses, H. Stevenson, and William Royce, bookseller, of Stamford.

SIR,

Sept. 4, 1774.

I have the pleasure to acquaint you, that by taking of your valuable Drops I am perfectly cured of an inveterate scorbutic humor, that had settled on the lower part of my face for fifteen years; it was dreadful to look on, and too bad to be described, forming a crust all round my mouth, so bad sometimes that I could scarce open my mouth to take food in; it run very much, and when it was shaved off grew again in a night's time. I took several advertised medicines, and had the best advice of the Faculty, but found no relief; at last on being told what astonishing cures in various cases your medicine had performed, induced me to try them; and, to the surprise of myself and all my acquaintance, before I had taken six bottles I was entirely relieved from my misery, and it has not shewed any signs of returning again. I desire you will publish this, that the afflicted may know where to find relief.

R. BAKER,

Ivory turner, in Red Lion Court, Old-street, London.

October 3, 1774.

This is to certify, that I Abraham Geers, of Gray's-inn-lane, Holborn, London, have been afflicted for several years with an obstinate scorbutic disorder, attended with great itching on my body and arms, for which I had taken many medicines in vain; and from the malignancy and the continuance of the complaint had despaired of relief, for the humor had caused a pain in my head, with deafness, for nine months, which rendered me incapable of my business; but by the blessing of God, and taking ten small bottles of Spillbury's Antiscorbutic Drops, am perfectly cured of my deafness and the above disorders.—Witnesses to the said cure,

Mr. G. Stevens, Tailor-street, Gray's-inn-lane.

Mr. J. Cotter, in Fox-court, Gray's-inn-lane.

October 12, 1774.

Mrs. Church, at Mr. Allen's, in Old Tuttle-street, Westminster, afflicted terribly with the Rheumatism near fourteen months, so as to deprive her of the exercise

exercise of her limbs, and rest at night, by reason of the pain, accompanied with a fever, cured by thirteen small bottles of Spilsbury's Universal Antiscorbutic Drops.

Joan Read, servant to *Mr. Cranston*, master of one of the city of *Edinburgh's* schools, was grievously afflicted with a most inveterate scurvy, so that her whole body was almost covered over with a thick scurf, which came off at times in large pieces, and immediately grew as thick as formerly; and having been informed of the happy effects of Spilsbury's Antiscorbutic Medicine, and that he was so charitable as to order *Mr. Elliot* to give it gratis to two patients that were not able to pay for it, application was made for her, and by the use of it alone she is now perfectly cured of that disorder; and from gratitude to *Mr. Spilsbury*, as also for the information of others who may labour under the like disorder, she desires this may be made public.

Edinburgh, Dec. 10, 1774.

JAMES CRANSTON.

N. B. As a farther proof of the efficacy of these Drops in this country, any person calling at *Mr. Elliot's* may have the perusal of letters from several persons who would not chuse to appear in print.

I William Colston, wright, in *Portsburgh*, (or *West Port*) having a daughter of twelve years of age, who upwards of three years ago, by a fall, got her leg scratched a little above her ankle, which in a short time caused an inflammation, which spread for several inches, and at last formed into an ulcer, or boil, which gathered and broke alternately for several months; and after trying in vain most of the doctors in *Edinburgh*, I at last procured from *Mr. Elliot*, bookseller, in *Edinburgh*, some of *Mr. Spilsbury's* Universal Antiscorbutic Drops, and began to use them in the month of January last, and have continued using them, according to his directions, till the present time; by the use of which, and the blessing of God, she is now perfectly recovered. Out of gratitude to *Mr. Spilsbury*, and compassion for those in like distress, I think it my duty to make public this cure, that others may not lose the opportunity of being cured also.

Edinburgh, March 10, 1775.

WM. COLSTON.

"That the above-signed *William Colston* hath resided many years in the *West Kirk* parish, and is of an unexceptionable character, is attested by us,

JOHN GIBSON, Minister.—JOSEPH GAVIN, Elder."

Newcastle, April 20, 1775.

A gentleman's maid-servant in *Newcastle upon Tyne* was so afflicted with the scurvy that her hands became so much contracted as to disable her from working; and on applying to a gentleman of the faculty, he told her she had no remedy but keeping her hands from water; but hearing of the wonderful efficacy of Spilsbury's Drops, she took only two of his bottles, which restored her hands to their former state, and she is now perfectly able to perform her work. The truth of this may be known by applying to *Mr. Saint*, printer of the *Newcastle* paper.

SIR,

London, May 3, 1775.

I shall always think myself obliged to acknowledge the very great benefit I have received by taking your Drops, which has had a happy effect, by relieving me from disorders that had reduced me to the lowest ebb. Although I made use of, and took a multitude of prescriptions of some of the most eminent physicians in *London*, and likewise several bottles of an advertised medicine, and made three journeys to *Margate* without receiving any relief whatever, and was almost in despair of ever being cured, when happily I was advised to make a trial of your Drops, which have given me new life, though near fifty

years of age, and have been upwards of five years most violently afflicted with the RHEUMATIC GOUT and SCURVY, which had enfeebled me to such a degree, that I was not able to dress or undress myself for eight months at a time; but am now, thank God, happily restored to my health and strength; and being very desirous that the public should know where to apply for relief in such cases as mine, (of which the faculty are as yet in the dark) I will do myself the pleasure to wait on any gentleman or lady, to give any further information required,

And am, with the greatest respect, Sir, your most humble servant,
Harrow, Salisbury-court, Fleet-street.

J. KELLY,

SIR,

July 23, 1775.

By taking five bottles of your Drops I am cured of nine holes in my right leg, after having advice and been at large expence with the faculty without success, until reading in the papers of the great cures your noble Drops had performed, which induced me to try them. You have my leave to publish this.—Witness my hand,

JANE TAYLOR.

Jarvis-house, Sun Tavern Fields, St. George's in the East, London.

SIR,

July 27, 1775.

I *John Knight*, shoe-maker, near the turnpike in *Strood, Kent*, was afflicted five years with a scorbutic humor in the hollow of my arms, almost round, and my shoulders were covered with it, which was attended with excessive itching, and run a humor as clear as water, which scalded and corroded other parts, and stiffened my shirt like buckram, and the skin scaled off with white scurf and then came again, attended with a fever; I was scarcely able to do any work; my face was full of large pimples: in short, my complaint was too bad to be described. By taking four small bottles of *Spillsbury's Drops* I found surprising relief, and by continuing them I am cured of these complaints.—Any person may be satisfied of the truth by applying to me as above, or to *Mr. Fisher*, bookseller, at *Rocheſter*, who saw me in my miserable condition when I applied to him for the Drops.

JOHN KNIGHT.

August 10, 1775.

Mr. Randal Dormond, of the 10th ward, *Chelsea*, afflicted fourteen years with the Gout and Rheumatism, often so bad as to deprive him of the use of his limbs, and after trying many medicines in vain, was cured by twelve large bottles.

August 26, 1775.

A tradesman in the city of *Peterborough*, who had several holes in his legs, after having been at the salt water and found no benefit, was cured by taking six bottles only of *Spillsbury's Drops*.—Witness, *Mr. Horden*, bookseller, of *Peterborough; Northampton*.

September 5, 1775.

Mrs. Elizabeth Forſter cured of a bad scurvy and other disagreeable complaints, by taking only six bottles of *Spillsbury's Drops*.—Witness, *Mrs. Hall*, No. 103, *Beaufort Buildings, London*.

December 22, 1775.

Mrs. Mary Clay, afflicted with a leprosy on the arms and body; some of the spots as broad as a half crown, which scaled off and then came again, cured by twenty small bottles. For particulars enquire at the *Seven Stars, Bromley, near Bow, Middleſex*.

January

January 2, 1776.

Captain *Millar*, at No. 12, *Dean-street*, *Shadwell*, *London*, of the *Mary*, lately returned from *Virginia*, reading Mrs. *Taylor's* cure of nine holes in her leg by five bottles, tried these Drops, and is now cured, to the surprise of himself and friends, by six large bottles only, of one large ulcer, and two small ones in his leg, of five years standing, which had baffled all the efforts of the faculty.

S I R,

February 4, 1776.

I suffered several years under the most violent scurvy, which broke out particularly in great fissures, with scurf on my hands, like the bark of a tree, which not only rendered them a sad spectacle, but deprived me, in a great measure, of their use; and after having applied to several eminent physicians in vain, (what is no less extraordinary than true) I was cured by taking only five small bottles of your Drops. I am, Sir, with respect, &c.

MARY WEATHERHILL.

At Mrs. *Underwood's*, No. 3, *Broad-street*, *Carnaby-market*, *London*.

A gentleman, far advanced in life, laboured under an inveterate scurvy more than twenty-eight years, by obstructions, and at different times it caused a rheumatic gout, great lassitude, wandering pains, scurvy, blotches, eruptions, yellow and black jaundice, and other illness; he tried many internal and external Antiscorbutics, without effect; he is now free, in appearance, of the scurvy and complaints, by taking, according to direction, *Spillsbury's* Antiscorbutic Drops. Any person may be satisfied of the truth of the fact, and the gentleman's name, by applying to Mr. *Pool*, bookseller, in *Chester*.

I *Henrietta Paterson*, step-daughter to *William Gray*, taylor, in *Edinburgh*, aged sixteen years, have been troubled with a most inveterate scorbutic humor in my feet for upwards of ten years, to such a degree, that one of them broke out in large holes, and continued running and casting large scales like bark, notwithstanding the many applications of different medicines, by the most eminent physicians of this place, all without the least effect; till about nine months ago I was recommended to Mr. *Elliot*, to make trial of Mr. *Spillsbury's* Antiscorbutic Drops, which I have used ever since, according to Mr. *Spillsbury's* directions. I had not used two bottles before I began to find the good effects of that medicine, which has continued daily to such a degree, that I am now quite recovered.

HENRIETTA PATERSON.

Any person doubting the truth of the above, may be fully satisfied by applying to the said *H. Paterson*, at my house, in *Law's Plain-stone-close*, *Canongate*, *Edinburgh*.

Edinburgh, March 9, 1776.

WM. GRAY.

The above is likewise attested as a fact, by

John Carstairs,	}	Surgeons, <i>Edinburgh</i> .
George Wright,		
Thomas Matthew,	}	Elders, College Kirk, <i>Edinburgh</i> .
Robert Walker,		

S I R,

May 26, 1776.

For more than six months I was not able to make any use of my hands, even to feed myself, or move my hat, through that most excruciating complaint called the gout, which had reduced me to the most languishing condition, and almost to death; and, being above seventy years old, I despaired of a remedy, when fortunately I was recommended to you by a lady of character, who advised me to make use of your Drops.—I had no sooner taken

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the first bottle but I got new life, and by six large only I found myself perfectly cured, (though it was in the hard frost) to my great satisfaction, and surprise of all those who knew me.

My wife, who had long been subject to violent rheumatic pains in both her arms, was also cured by two bottles of your valuable medicine! With pleasure and with gratitude we subscribe our names, and will satisfy any one concerning the particulars thereof, at the Wheat-sheaf, in *Glanville-street, Ratbone-place, St. Pancras, London.*

THOMAS and MARGARET CORKRAN.

We Messrs. *John Christie*, Minister in *Carnwath*, and *Robert Wilson*, of *Gleugh*, think it incumbent on us to acquaint the public, that we applied to Mr. *Elliot*, some months ago, for *Spillsbury's Antiscorbutic Drops*, for a poor woman, the wife of *James Wood*, ploughman to the said *Robert Wilson*, which he was so kind as to give her gratis at our desire. She has now taken four bottles of the medicine, and is at present using the fifth, and is so far recovered that she can perform any ordinary work, and can now walk a good deal by the help of a stick, although she was afflicted to such a degree for three years and a half with the rheumatism, that she could not move hand or foot, and had not the least feeling, although she was rubbed to such a degree that they broke the skin, yet she never was the least affected by it, nor complained of any additional pain. I, the said *Robert Wilson*, do also attest, that I have been a good deal troubled with rheumatic pains in my knees for two years past; and seeing the good effects of the medicine on the above poor woman, I used three bottles, and find myself much eased of the pain, only the cracking remains in my joints, as described in Mr. *Spillsbury's* printed directions.

Gleugh, July 24, 1776.

JOHN CHRISTIE, Minister,
ROBERT WILSON.

The original certificate, wrote by Mr. *Wilson's* own hand, and signed by him and the Rev. Mr. *Christie*, with many certificates of a like nature, may be seen at Mr. *Elliot's*, bookseller, at *Edinburgh*.

July 27, 1776.

In *January, 1774*, *John Palmer*, a shoe-maker, near fifty years of age, now living at Mrs. *Sango's* muffin-shop, in *Grafton-street, St. Ann's, Soho, London*, was, by the advice, and at the expence of Mrs. *Millar*, of the *Cock*, in the said *Grafton-street*, brought to my Dispensary in a coach. He had been afflicted twelve years. His complaint began by a pain in the left arm, which soon broke out in large ulcers, and whence, during the course of cure by the Drops, two splinters were worked out. In his right thigh there were near forty running ulcers, some so large as would have contained a pigeon's egg, attended with a most foetid smell. Under his chin was a large ulcer. His face and mouth were both ulcerated. On his breast there was a hole so large as to contain a pullet's egg. He had been in *St. Bartholomew's Hospital* six weeks; one month an out-doors patient in *St. George's*; six months in the *Westminster Infirmary*, and every where deemed incurable.—I gave him, then, the quantity of four seven shilling bottles of my *Antiscorbutic Drops* in one, from the use of which he was so far recovered as to be able to walk to my Dispensary and fetch a second dose, by which he got strength enough to work. Thus continuing, in nine months all the capital ulcers were healed, except one or two, now sound. Ever since he has continued to take the Drops to this day. He has still, however, three or four small holes under the seat, otherwise he is very hearty and able to work.

The reader is requested not to trust to this mere assertion, but to enquire from the man himself, and his neighbours, at the places abovementioned.

They

They will see the deep scars left behind the healed-up ulcers, and know more of the particulars of so extraordinary a case, too long for inserting more minutely in this place.

September 4, 1776.

On December 15, 1775, *Margaret Maloon*, fifty years of age, of the parish of *St. George's, Southwark*, was recommended to my Dispensary by the *Rev. Mr. Dyer*, minister of that church, to be treated for a very violent scorbutic leprosy, with which she had been afflicted two years.—Her case was, that the whole trunk of her body, without excepting her head, arms, legs, &c. was covered with a scurf that came off in large scales, which constantly renewed themselves as fast as they went, and were attended with so great an inflammation in the eyes of the patient, that she could not see.—The cure was completely performed by fourteen small bottles of my Antiscorbutic Drops; at the taking of the very second of which an amazing alteration was already sensible, and thus gradually increased till it was perfected by the above-mentioned small number of bottles.—For more particulars enquire of *Mr. Wedge*, at the *Angel, Angel-court*, in the *Borough, Southwark*.

October 15, 1776.

Joseph Wesley, serjeant of the 62d regiment, commanded by Captain *Asb*, after having laboured for two years under a scorbutic habit of body, attended with nine ulcers in his right leg, which had baffled the skill of several of the faculty, was perfectly cured by taking only five small bottles of *Spilsbury's Antiscorbutic Drops*.—For further particulars enquire at his quarters, *Mr. Millar's*, the *Castle, Lambeth Marsh, Surry*, or of serjeant *Conolly*, who introduced him to the Dispensary.

January 5, 1777.

Captain *Evans*, in *Pembroke, Wales*, who (with many other respectable personages) has been so obliging as to give leave to *Mr. Spilsbury*, Chymist, of *Mount Row, Westminster Bridge, Surry*, to mention him as one to refer to, has received surprising benefit from the use of his excellent Antiscorbutic Drops in the gout; for whereas he used to be confined frequently with excruciating fits four months at a time, he now seldom has a fit above as many days. Other particulars may be known of *Mr. Wilmot*, bookseller, in *Pembroke*.

February 5, 1777.

Mrs. Elizabeth Tucker, at No. 18, *Red Lion Passage, Red Lion Square, London*, was dreadfully afflicted for fifteen months with a scorbutic evil in her left arm, mostly on the wrist, in which were seven deep corrosive ulcers, attended with weakness, pain, and swelling, so as to render the arm useless, and to endanger amputation: After having tried the salt water and various medicines, by advice of the faculty, to no effect, was recommended, November 4, 1776, to *Spilsbury's Antiscorbutic Drops*, and by taking only nine bottles is perfectly cured.—For further particulars enquire as above, or of the neighbours.

SIR,

April 19, 1777.

I have the pleasure to inform you, that your Drops have performed a most surprising cure on the wife of *Francis Mayes*, of *Masborn, Huntingdonshire*, who had eleven holes in one leg. By taking six small bottles they are all healed up, and the poor woman is able to go about her family affairs again. You cannot say too much, Sir, respecting this very singular cure.

JOHN HORDEN, bookseller, *Peterborough, Northamptonshire*.

Mr

Mr. F. C. Vernsbury, comedian, at *Peterborough*, was cured of a scorbutic disorder, which shewed itself of the leprous kind, by taking only three seven shilling bottles of SPILSBURY'S Drops. Enquire of Mr. *Horden*.

S I R,

July 13, 1777.

About the month of *December*, 1758, I had for several weeks a most severe Fever, succeeded by a violent scorbutic complaint, and have ever since (eighteen years) had, at intervals, sore ulcerated legs, for which I was treated by several of the faculty, but to no other purpose than a little temporary relief. The disorder grew so violent that I became almost a cripple, and though I tried many advertised medicines, and conformed to diets, drinks, &c. I found no benefit. Very happily for me, I read a number of well attested similar cases cured by your Drops, which induced me to a trial. I began taking them in April, 1776, and having used seven or eight bottles, the violent itching in my blood began to abate, next the swellings in my legs went down, and the sores all healed up one after another, so that, by the blessing of God, I was wholly freed from my long complaints by Christmas last, nor have I had the least symptom to this 10th day of July, 1777. I think myself bound in gratitude to give you my consent to publish this cure, by the Divine goodness effected on me by your Antiscorbutic Drops.

JOHN GARDNER.

Attested by us:

John Thomson, }
John Shribb, Surgeon, } Bailiffs of the Corporation of Southwold, Suffolk.
William Mewle, Collector of the Customs.
J. Robinson, Deal and Timber Merchant.
John Hurriou, Dissenting Minister.
William Cowling.

N. B. The said Mr. Gardner is a Joiner and Shoopkeeper at *Southwold*, a port town twenty miles south of *Yarmouth*.

July 27, 1777.

As another unquestionable proof, in addition to the many already given, of the real goodness of SPILSBURY'S Antiscorbutic Drops, *Sarah Rance*, a servant lately in the family of the Rev. Doctor *Barford*, Prebend of *Canterbury*, has done the Proprietor of this excellent Medicine the pleasure of acquainting him, that she is now cured, by eight small bottles only, of a rheumatic complaint, which had, for a year and a half, rendered her scarce able to dress or undress herself; and has also given him leave to refer those, who wish for farther information, to her brother, Mr. *John Rance*, pewterer, at No. 27, *Ewer's-street*, *Queen-street*, *Southwark*.

April 2, 1778.

Mary Esdale, a young woman who had been for two years reduced to crutches, and twice discharged from *St. Bartholomew's Hospital* as incurable, was brought to SPILSBURY'S Dispensary on the 2d of *September*, 1776, in a coach; she could only go with crutches, had no less than seven ulcers on her breasts, arms, and hips, and was attended by two eminent physicians, when, notwithstanding the despondency of her case, (having during the cure above thirty splinters of bone worked out) by using the Drops till the *May* following, she obtained a happy recovery, nothing but the scars remaining, and is now able to walk with the assistance of a stick, of which any one may more particularly be informed by applying to the said *Mary Esdale*, at Mr. *Croft's*, Taylor, No. 2, *Paved Alley*, in *Water Lane*, near *Blackfriars Bridge*, *London*.

April

April 2, 1778.

William Turnbull, an apprentice to *Mr. Kitchen, Turner, New George-street, Christ Church, Surry*, who had been sadly afflicted for ten years past with a pimpled face, and several large biles spreading over his body, is also ready to certify, in justice to the Proprietor, the very pleasing cure he has found in nine small bottles only of the above well-experienced Drops.

S I R,

Mr. Richard Stock, gentleman, of *Pilton, Somersetsbire*, aged sixty, was violently afflicted, from *July, 1757, to February, 1778*, with a painful complaint in the stomach, attended with vomiting, loathing of food, &c. so that he could not retain it; for as soon as he had eat or drank any thing, it was immediately thrown up, accompanied with black foul matter of a tough glutinous consistence; for which complaint, having applied in vain to several gentlemen of the faculty in the neighbourhood for relief, was advised by a lady, who lived near, and had experienced amazing benefit by taking *SPILSBURY'S Drops*, to apply for some to *Mr. James Cary*, Bookseller and Vender, in *Shepton Mallet, Somerset*, and by taking only one bottle found great benefit, and by continuing to use them, so far restored him as to recover his appetite, and a better state of activity than he had experienced for many years, being naturally of a very corpulent scorbutic habit; and, what is extraordinary, had been above twenty years troubled with ulcerated legs; the above Drops reduced them considerably, so that he is able to walk better than he has been since its first breaking out, during which time it had cost him upwards of fifty pounds, to no effect.

May 31, 1778.

(Signed) RICHARD STOCK.

Witnesses, *William Orlidge, Richard Stock, jun.*An extract from *Messrs. Simmons and Kirby's Kentish Gazette, July 7, 1778.*

Every additional proof of the efficacy of a medicine may be considered as a matter of consolation to the afflicted. We have now before us a letter from a respectable person, an inhabitant of a principal town in this county, to the proprietor, of which the following is an extract;

S I R,

I am compelled by gratitude, as well as by inclination, to pay you that tribute which is due to your great merit. My wife, in the beginning of last summer, had a scorbutic leprosy, and applied to our apothecary, who ordered her a diet drink, which she took a considerable time, but without it's desired effect. But on hearing of your Drops, determined to give them a fair trial; they had a most astonishing effect. The palm of the left hand was an entire sore, covered like the bark of a tree, and producing very offensive matter. The right hand was beginning with the same symptoms; the hand was likewise covered with a scurf. In taking your Drops three months not the least traces were to be seen.

Any person desirous of further information, may receive it at the printing-office, where the original letter may be seen,

This is to certify to the public, of an extraordinary cure performed by *Mr. SPILSBURY'S Drops*, on *Sarah*, the daughter of *James and Sarah Williams*, aged thirteen, living opposite the sign of *Crispin and Crispiana*, in the parish of *Stroud*, near *Rocheſter*, in the county of *Kent*. She was afflicted with a terrible Leprosy, from the crown of her head to her feet, for seven years, attended with great heat, itching, and running humor in her legs, with blotches as large as the palm of her hands, which scaled off in white scurf, and then came again: she was so bad at one time, that her parents thought they must get the child crutches. After having tried the doctors in the neighbourhood in vain, *Mr. SPILSBURY'S Drops* were recommended, by the taking of which,

in fifteen months she was cured, and is now, from a loathsome spectacle, in perfect health.

We who live in the parish of *Stroud* aforesaid, and know both parents and child, do with pleasure assert the same. Given under our hands, this 14th day of August, 1778.

THOMAS HUDSON, JOHN M'COWAN, Churchwardens,
EDWARD FARTHING, RICHARD WEST, Overseers.
JOHN BOGHURST, THOMAS BOWES, Inhabitants.

Also Mr. *Fisher*, Bookseller, of *Rockester*, can assert the same, who supplied the parents with the Drops.

October 17, 1778.

Mr. *John Rolfe*, Gent. of *Loofs*, near *Maidstone*, in *Kent*, has done the Proprietor the honor to permit his address to be mentioned to the public, as a testimony of the efficacy of the above medicine, in eradicating a Scorbatic Scurvy Complaint by a few bottles only. For further particulars enquire as above, or of Mr. *R. Walker*, Bookseller, in *Maidstone*.

October 27, 1778.

Mrs. *Beck*, at Mr. *Godso's*, Carpenter, No. 111, in *Bermondsey-street*, *Southwark*, *London*, returns her grateful acknowledgements to Mr. *SPILSBURY*, Chymist, *Mount Row*, *Westminster-bridge*, *Surry*, for the cure her daughter, *Rebecca Beck*, aged four years six months, has received by the use of fourteen small bottles of his Drops. She was afflicted for two years with an inveterate Scurvy from head to foot, attended with a continual running matter; but more particularly her head, which was crusted all over near half an inch thick with a hard scab, and smelt very offensive*. For further satisfaction enquire as above.

Feb. 19, 1779.

Mary Reynolds, spinster, after being turned out of *Hyde-park Hospital* as incurable after being in six months, came to my Dispensary, August 10, 1778, labouring under a most deplorable Scorbatic Leprosy for near ten years on different parts of her body; her left arm and hand were more immediately affected, covered over with a thick scaly crustaceous matter, which (though wrapped in linen) smelt intolerably offensive, and had deprived her of the use of the joint at the elbow, and also the fingers, which were much swelled and glewed together by the foul humour, so that she was not able to dress or undress herself: Also by reason of the pain and uneasiness of mind, could not rest either day or night. Such was her case when she applied; in taking the first bottle she found some relief; in a month she recovered the use of her joints; and by continuing the Drops until the latter end of November her health was, to the amazement of all who knew her, so perfectly established, as to take a cook's place in a reputable family.

Witness, Mr. C. LONSDALE, *Tinman*.

Mr. J. GAY, *Cheesemonger*, *Tyler-street*, *Carnaby-market*, *London*.

An instance of the GOUT being relieved.

SIR,

June 12, 1779.

The latter end of the year 1773 I was seized with the gout, and have never been free from it since that time more than six months together, and every succeeding

* To young children with scurvy breakings-out on the head, arms, face, and various parts of the body, this medicine is excellently adapted. In such cases, unlike those that strike the humors in, and occasion fits, they never fail of producing the desired success, as numbers of parents can vouch in behalf of their tender offsprings, who have, to their inexpressible satisfaction, happily experienced the truth of these assertions.

eeding fit continued longer, and became more violent, The last attack I had came on in November last, seizing me in both my feet, knees, and elbow, in a violent manner, and continued till the end of March, which reduced me to a most languishing state, and almost despaired of ever being cured, till seeing in the papers the many extraordinary cures performed by your most valuable Drops, which induced me to try them. I have taken two four shilling bottles, and am happily restored to my health and strength, so that I can walk as well as ever I could in my life. I shall continue taking the Drops, and make no doubt but the gout will be entirely eradicated. I think myself bound, for the good of mankind, to give you my consent to publish the benefit I have received ;

And am, Sir, your most humble servant,

ALEXANDER KING.

N. B. Any person may be satisfied of the particulars, by applying to Alexander King, plumber and glazier, in Rumsfey, Hants.

June 19, 1779.

A Lady of character, from motives of public zeal, and from the extraordinary benefit she has experienced by the efficacy of the Drops, has left her address with the proprietor, to satisfy those who may wish for further information relative to the efficacy of so valuable a medicine, in relieving persons labouring under the gout.

To Mr. SPILSBURY.

SIR,

Chatham, Sept. 6, 1779.

I cannot but return you my sincerest thanks for the cure that I have received by your Drops. I was afflicted for three years with a violent humor in my hands and left arm, which swelled very much, attended with a dry scurf, which itched to that degree, and was so painful, that I could not rest night or day, or even do any thing. After trying many medicines in vain, I was recommended to your Drops ; in taking a few Drops I found myself better, and by continuing them for these five months, I thank God, I am cured.

I am, Sir, your humble servant,

ELIZABETH BARTON.

Witnesses to the cure, { Mr. THOMAS PITTARD,
Mr. WILLIAM HAYLER,
Mr. W. GILLMAN, Bookseller. } Chatham,

An Extract from Gore's Liverpool paper, dated January 14, 1780.

Mr. Gore, bookseller, at Liverpool, has frequently published very extraordinary cases of the efficacy of Mr. SPILSBURY's medicine, performed at Chester, and at other distant counties : but now he has the pleasure, accompanied with the liberty, of announcing to the public, a remarkable cure of a scorbutic leprosy, with which a Lady in this neighbourhood had been afflicted on her arms for several years ; who, after trying the faculty in vain, was quickly restored to her health by the sole use of the said Drops.—For further particulars enquire of the printer, and, if desired, the Lady's address will be given.

Mary Storer, daughter of Joseph and Mary Storer, gardeners, in Church-street, Lambeth, Surry, was afflicted for near five years with a violent crustaceous corrosive humor, which, after the small-pox, covered her head, and is commonly called a scaled head. She was eight weeks under the care of a Dispensary, eight months an out-patient at the Westminster Infirmary ; but grew worse at each place. By the taking of SPILSBURY's Drops she grew visibly better in a fortnight, and by continuing them is restored to her health, as if no such symptoms had happened.

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We

We, who are inhabitants of Lambeth, knowing the particulars of the above, do testify the same, witness our hands,

April 20, 1780.

THOMAS BROOKES, Baker,
THOMAS GRIGG, of the Canterbury Arms.

Mary, the wife of Peter Carwell, now of Bill-street, in the parish of Frinsbury, but late of Stroud, in Kent, has, for upwards of four years, been grievously afflicted with the scurvy, which produced large eruptions, great ulcers on her hands, legs, and other parts of her body, so as to render her offensive to the family, and incapable of going about her house. Three years since she went to Guy's Hospital, where she continued seventeen weeks, but found no benefit. By taking only Mr. SPILSBURY'S Drops she soon found relief; and by a continuance the eruptions are now no more, the ulcers quite healed, and she is in perfect health.

April 22, 1780.

Witness to this cure, Thomas Fisher, bookseller, of Rochester, joining to Stroud, near Frinsbury, in Kent.

July 12, 1780.

John Mitchell, a servant at Mr. Glover's, at the corn mills in Mitcham, Surry, was a person on whom the leprosy was eminently displayed on the face and hands, in large blotches like the bark of a tree. On application he received benefit, and soon experienced the efficacy of the Drops, which terminated in a cure. Further particulars may be known by a reference to the above party.

Mr. William Barker, of Wooton, in Norfolk, near Bungay, was violently afflicted with a scorbutic complaint, which affected one leg to such a degree, that it was full of sores from the knee to the ankle, and so very offensive he could hardly bear himself, attended with a total loss of appetite, and no rest of nights, insomuch he thought he must have died shortly; when, about May the 14th, 1780, he began and took six bottles of SPILSBURY'S Drops, which cured him in a short time, and remains so to this day, Feb. 15, 1781.

Witness to this happy cure, Mr. JAMES SEXTON, in Bungay, Suffolk.

SIR

February 26, 1781.

Valuable as your medicine may be in the cure of those afflicted with the scurvy, gout, rheumatism, &c. perhaps the efficacious power thereof has not received greater illustration than in a case I have now the liberty to announce to the public:—A rapid cure performed by your Drops on a gentleman in this city, who had been long afflicted with an inveterate scorbutic complaint, attended with indigestion, disagreeable eruptions, &c.—Further particulars, with a reference to the person, may be known by applying to

Your humble servant,

WILLIAM TESSYMAN, Bookseller, in York.

An extract from the Edinburgh Paper, Jan 5, 1782.

To Mr. CHARLES ELLIOT, Bookseller, Edinburgh.

SIR,

Betty Hamilton, in the parish of St. Boswells, begs leave to return you her thankful acknowledgements for the benefit she has received from your charitable distribution of Mr. SPILSBURY'S Antiscorbutic Drops. She had been afflicted with a violent scorbutic disorder for upwards of twenty years, which sometimes rendered her unable to do any kind of business for her subsistence; nor could she find any relief from medicines till the month of August, 1780, when I being in Edinburgh, in person made application to you, by a certificate from the Ministers and Elders of the parish. The benefit she received from the

the first bottle induced her to make a second application, and in less than three months was perfectly cured, and still enjoys a good state of health.

As she cannot write, she desires me to subscribe, For **BETTY HAMILTON**,
Leffudden, Nov. 20, 1781. **JOHN LANG.**

To Messrs. G. and W. Routh, *Printers of Sarah Farley's Bristol Journal.*

GENTLEMEN,

Pawlet, Jan. 10, 1782.

Among the many excellent cures performed by Mr. SPILSBURY's famous medicine, for curing the scurvy, &c. I think the following worthy of notice in your paper, for the benefit of those afflicted with the like complaint.

One *Jonathan Winn*, (son of *Jonathan and Mary Winn*, of *Pawlet*, near *Bridgewater*, in the county of *Somerset*) who is now about fourteen years of age, before he was a month old had a scorbutic complaint; at first on his forehead, which, by trying means to cure it, broke out all over his body, till at length he became full of ulcerous sores from head to feet, particularly his face, arms, and legs, and notwithstanding the assistance of several of the faculty, his disorder encreased and he became extremely noisome, so that he was obliged to change his shirt and stockings every day for a long time, which gave his parents a deal of trouble and expence, more than they were able to bear, till about a year and half ago, when his deplorable condition excited the compassion of a well disposed person to try the above medicine, which by his taking a few bottles has compleated a perfect cure. He has been well for about half a year, and probably may continue so.—Any person desirous of further information may, by applying to the said parents, not only be satisfied with every particular herein contained, but also have an opportunity of seeing the child.

I am your humble servant,

RICHARD ODY.

Jan. 18, 1782.

Mr. *William Bannister*, aged 37, at No. 13, *Kennington-lane, Lambeth, Surry*, desires his case may be made known to the public: He was afflicted with the scurvy for three years; in that time he was blind twice, his legs scarcely a place free from sores, was not able to dress or undress himself for near two years, and went on crutches; little or no sleep at night; his wife was employed two hours daily in dressing his wounds. After having had the assistance of several of the faculty to no purpose, in this deplorable situation he was recommended to my care by Mr. *Bridges*, an eminent butcher, near *Westminster-bridge Turnpike*. By taking a few bottles he found that relief as to promise a cure, and by continuing a few months he was so perfectly recovered as to go to his employment at *Billinggate*, to the surprise of his acquaintance.

N. B. However extraordinary this cure and many others may appear to the public, yet I have the pleasing satisfaction to assure the afflicted, that if an opinion may be formed from the operative power of the Drops, no person need despair of receiving a cure.

Soho-square, London.

FRS. SPILSBURY.

• To Mr. SPILSBURY, *Chymist, Soho-square, London.*

SIR,

Edinburgh, Aug. 25, 1782.

I had been grievously afflicted with a scurvy in my legs, for several years, to such a degree as to render me some considerable time incapable to work at my business of book-binding. I had tried many remedies, but found no benefit. In this distressed situation I was desired to make trial of Spilsbury's Antiscorbutic Drops, sold by Mr. *Elliot*, bookseller, in *Edinburgh*, and by the use only of a few bottles, through the blessing of God, am now perfectly whole,

JOHN McQUEEN.

Attested by { **J. R. MACGREGOR**, Minister, Gaelic Chapel, *Edinburgh*.
 { **SAM. CAMPBELL**, Bookbinder.

The ensuing Poetical Pieces, sent by anonymous Hands, it is hoped, will not be thought improperly added to the before-going Cafes.

To Mr. SPILSBURY, Chymist, at his Dispensary, Soho-square, Proprietor of the Anti-scorbutic Drops.

BLEST be the man, whose mental pow'r's impart,
Health to the body, gladness to the heart;
Whose friendly hand hath op'd a ready door*,
From complicated ills to free the poor.
The Scurvy, fell disease! no more appalls!
Abash'd—dismay'd—the hydra monster falls,

No more to rise: he yields the dubious day,
And with reluctance quits his destin'd prey.
Pursue the plan, to dire disease a foe—
Greatly alleviate each human woe.

Fearless of slander, as a Quack enroll'd,
Envy shall blush where'er thy Fame is told†.

While Facts must show the candid of mankind,
(Whose reasonings are free and unconfin'd)

That not in Halls, or Colleges alone,
Th' Æsculapian Art erects her throne:
The good Supreme his various blessings showers

On moss-grown hamlets and the shepherd's bowers;
Shews to the villager and rustic hind,
Of dire effects the latent cause to find;
Shews him what Science oft in vain explores
For Nature's God points out her balmy stores.

CANDIDUS.

* Alluding to the Author's most beneficial Dispensary, established in 1772, and ever since supported at his own and sole Expence.

† Alluding to the most astonishing and best authenticated cures of the Gout, Scurvy, Rheumatism, Evil, Leprosy, Nervous Complaints, &c. &c.

To Mr. SPILSBURY.

MERELY to praise what all mankind admire,
Is but a glimmering of the Muses fire;
But when with Justice she presumes to sing
And, arm'd with truth, she scorns the Critic's sting;
Who views the theme where nervous Diction flows,
The spark celestial in his bosom glows:

The well-wrote page each drooping heart will raise,
E'en the learned Medicus the work must praise.

Where you with candor speak of Goldsmith's death*,
Who through imprudence yielded up his breath;

Scawen's alarming end is likewise trac'd,
The origin and progress rightly plac'd:
The chymic art is treated with such care,
We read with wonder—yet in knowledge share—

The various powers of Minerals; we see
Their Æsculapian aid display'd by thee;
Poison, disarm'd, becomes a sov'reign good,

And all its terrors are at length subdu'd:
You, like the Bee, extract relief for all;
Diseases now, like Dagon, prostrate fall.

A LOVER of true MERIT,
Bath, Oct. 16, 1776.

* Free Thoughts on Quacks.

To Mr. SPILSBURY.

The following lines are inscribed by a person who has been so happy as to experience, beyond expectation, the efficacy of his truly valuable Antiscorbutic Drops, in the cure of a nervous scorbutic Gout.

LET laureat bards in statelier numbers sing,
And pension'd Muses hail a fav'rite King;
Their New-Year Odes in loftier stanzas raise,

The tinsel'd splendor of a Court to praise.
Mine be the theme fair merit to pursue,
To give to genius and to worth its due:

Alike to flatt'ry and chicane a foe,
Fain would my numbers pay the debt I owe

To you, whose salutary art can give
Relief to pain, and bid the wretched live;
For what is life, when tortur'd with disease?

Or what is wealth, when nought can give us ease?

Oh! may each circling year new pleasures bring,
And crown with blessings each returning spring;

For rich and poor thy friendly aid receive,
And mortals, sore afflicted, cease to grieve.

G. B.

York, Jan. 10, 1777.

To

To Mr. SPILSBURY.

By a LADY.

FREED now from pain, with spirits light
as air,
Returning health dispelling ev'ry care,
Fresh vigor now the grateful mind in-
spires,
And fancy glows with warm poetic fires !
Health ! chiefest blessing of the good Su-
preme,
The cordial draught that animates the
theme

To sing his praise—first to whom tribute's
due
And whilst she thanks the donor—thinks
on you !
You, the dispenser,—whose effectual Skill
Is the benevolent agent of his will !
His bounteous will to you enjoined the
task
To heal the rich—the poor need only
ask
Relief from fell disease, and racking pain ;
But oh ! the joy to give—transcends the
bliss they gain !
Taunton, Feb. 15, 1777.

THESE truly efficacious DROPS have long been received by the world as the first medicine for the cure of the *Scurvy, Gout, Rheumatism, Indigestion*, and their concomitant disorders, such as *Ulcers, Leprosies, Humors* after the Small Pox or Measles, and all kinds of Nervous Complaints whatever. Every thing valuable, either in the *animal, the mineral, or the vegetable* world, has been from time to time collected to *improve* their virtue. With how happy a success, the *cures* they have performed, in a long course of experience, will best demonstrate. The *superiority* they hold, compared with all other medicines, either in point of *case* or numbers, are incontrovertibly established, their excellency being evidenced by a greater variety of *certificates* than produced by any one besides, and their *operative* qualities such, as to have frequently rendered a *single* bottle efficient in recent cases, and *always* sufficient in the most *inveterate* ones to have encouraged a continuance of them. It is this *alone* that can have induced a generous people to permit the Proprietor to advance these Drops to their present price, not less as an acknowledgment of their real value, than as a means of supporting him in the heavy charge of a Dispensary, which has raised him so high in the esteem of the public, and enabled him to relieve, in the three last years *only*, above a Thousand Patients, under various afflictions.

These Drops are sold in flat square-moulded bottles, at Four Shillings, Seven Shillings, and One Guinea each, sealed with the Emblem of Hope, and have the following inscription in a wave, viz. *Fra. Spilbury, Proprietor of the Universal Antiscorbutic Drops*; and are sealed up in folio bills, signed *Fra. Spilbury*, with wrappers printed in red, (containing an account of a great number of cures, to which the number of bottles is generally added) with the Author's observations and advice on Diet, the Scurvy, Gout, Rheumatism, Nervous Complaints, &c.

N. B. The usual compliment of One Guinea is expected with letters for advice, unless from the poor, who will be treated with the same indulgence they have hitherto experienced, at the Dispensary, instituted in 1773, by Francis Spilbury, Chymist, at Mount-row, Westminster-bridge, but now of Soho-square, London, where the Guinea Bottles are only sold, and orders carefully attended to, and insured against accidents in carriage.

The Drops are also to be had of the following persons :

Aberdeen, by <i>Thompson</i>	Lynn, <i>Hollingsworth</i>
Alnwick, <i>Alder</i>	Lancaster, <i>Walmsley</i>
Barnstaple, <i>Murch</i>	Leominster, <i>Davis</i>
Bath, <i>Cruickwell</i>	Lincoln, <i>Jas. Simmonds</i>
Bungay, <i>Sexton</i>	London, <i>Rothwell</i> , New Bond-street.
Bridgewater, <i>Symes</i>	— <i>Wilkie</i> , St. Paul's Church-
Bridgenorth, <i>Hazlewood</i>	yard:— <i>Hall</i> , No. 96, Strand.
Birmingham, <i>Swinney</i>	— <i>Mess. Wray</i> , Birchin-lane.
Birmingham, <i>Pearson</i>	Royal Exchange, <i>Bolton</i>
Boston and Spilsby, <i>Worley</i>	Maidstone, <i>Walker and Mercer</i>
Bristol, <i>Pine, Cocking and Routh</i>	Manchester, <i>Harrop, Wheeler, and</i>
Bury, <i>Rogers</i>	<i>Prescot</i>
Barton, <i>Harper</i>	Milton, <i>Shirley</i>
Berwick, <i>Moscrop</i>	Malden, <i>Carter</i>
Cambridge, <i>Cowper</i>	Norwich, <i>Crouse and Chase</i>
Canterbury, <i>Simmonds and Smith</i>	New York, <i>Rivington</i>
Carlisle, <i>Hodgson</i>	Newcastle, <i>Saint and Slack</i>
Chelmsford, <i>Frost and Gray</i>	Newport, Isle of Wight, <i>Sturch</i>
Chester, <i>Pool</i>	Nottingham, <i>Burbage</i>
Colchester, <i>Harris</i>	Northwold, <i>Slade</i>
Coventry, <i>Bird</i>	Newark, <i>Tomlinson and Allen</i>
Chichester, <i>Jaques</i>	Northampton, <i>Lacy</i>
Dartmouth, <i>Godfrey</i>	Newcastle Under Line, <i>Smith</i>
Durham, <i>Clifton</i>	Oxford, <i>Jackson</i>
Dumfries, <i>Wilson</i>	Plymouth, <i>Wallis</i>
Derby, <i>Drury</i>	Pembroke, <i>Wilmot</i>
Doncaster, <i>Plummer</i>	Perth, <i>J. Gillies</i>
Dartford, <i>James Sanham</i>	Peterborough, <i>Horden</i>
Edinburgh, <i>Elliot</i>	Philadelphia, <i>Memminger</i>
Exeter, <i>Grig, Trueman, Sweetland,</i>	Portsmouth, <i>Breadhower</i>
<i>and Sparks</i>	Preston, <i>Binns</i>
Everham, <i>Davis</i>	Reading, <i>Carnan and Co.</i>
Falmouth, <i>Russel</i>	Rocheester, <i>Fisher</i>
Froome, <i>Hancock</i>	Romley,
Gloucester, <i>Rakes</i>	Rotherham, <i>Barnsley</i>
Guildford, <i>Russell</i>	Rye, <i>Meryon</i>
Gosport, <i>Darwkins</i>	Sheffield, <i>Pearson</i>
Gravesend, <i>Dadd</i>	Saxmundham, <i>Knight</i>
Glasgow, <i>Duncan</i>	Salisbury, <i>Colins</i>
Hallifax, <i>Edwards</i>	Sherborne, <i>Goadby and Crutwell</i>
Hereford, <i>Pugh and Allen</i>	Sheerness,
Hull, <i>Simpson</i>	Stamford, <i>Nott</i>
Hawkhurst, <i>Hyder</i>	Southminster, <i>Atkinson</i>
Ipswich, <i>Shave and Punchard</i>	Southampton, <i>Baker</i>
Inverness, <i>W. Sharps</i>	Southwold, <i>Gardner</i>
Kells, <i>G. Elliot</i>	Shrewsbury, <i>Wood</i>
Kendal, <i>Asburnham</i>	Shepton-Mallet, <i>Cary</i>
Kidderminster, <i>Stoke</i>	Spalding, <i>Wilcoxon</i>
Kilmarnock, <i>Muer</i>	Tewksbury, <i>Harward</i>
Lymington, <i>Beeson</i>	Tunbridge, <i>Sprainge</i>
Leicester, <i>Gregory</i>	Taunton, <i>Payne and Toulman</i>
Leeds, <i>Bins</i>	Tenderton, <i>Hall</i>
Lewes, <i>Lee</i>	Tiverton, <i>Parkhouse</i>
Liverpool, <i>Gore and Williamson</i>	Thetford, <i>Watson and Lyall</i>

Whitehaven,

Whitehaven, *Ware*
 Worcester, *Tymbs*
 Wakefield, *Meggitt*
 Warrington, *Eyres*
 Wooton Underedge, *Bence and Dyde*
 Woodbridge, *Loader*
 Winchester,
 York, *Tessyman*
 And many other Booksellers and
 Druggists in Country Towns, &c.

I R E L A N D.

Dublin, *Magee*
 Corke, *White*
 Newry, *Stevenson*
 Belfast, *Magee*
 Kilkenney, *Finn*
 Limerick,
 Antigua, *Mears*

Mr. Spilsbury, from a consciousness of the improved virtue of his Antiscorbutic Drops, is determined to raise their price, on the first of August, 1783, viz. the 4s. bottle to 5s. and the 7s. to 7s. 6d. Such is the efficacy of this medicine that a single bottle is sufficient to prove their superior excellence in relieving those afflicted with either the scurvy, gout, rheumatism, nervous complaints, indigestion, &c. as are daily exemplified at the Proprietor's Dispensary, instituted in 1773.

Certificate of Recommendation for SPILSBURY'S DISPENSARY.

WE whose Names are under-written, Overseers and Churchwardens of the Parish of _____ in the County of _____ certify that _____ by Trade is really a *Pauper*, afflicted with _____ and in that Quality an Object truly worthy being admitted at Mr. SPILSBURY'S DISPENSARY for the Poor, there to partake of his charitable Distribution. To attest the Veracity of which, We have signed and delivered to _____ the present Certificate, this _____ Day of _____ in the Year 178 _____

Anno 178

No.

THE Bearer

a *Pauper*, of the

Parish of

is admitted for

Weeks, on the Recommendation of

to be

treated for

at SPILSBURY'S DISPENSARY,

and there at the same time shall receive the Antiscorbutic Drops,
 GRATIS.

By Order of the Proprietor,

Ticket of Admittance.

Arno

Anno 178

SPILSBURY'S DISPENSARY.

No.

*AN indulgence of Shillings is hereby granted per every Bottle
of the Antiscorbutic Drops to
in consideration of unfavourable circumstance.—Dated this
day of 178*

By Order of the Proprietor.

This Ticket good for Bottles.

*The following extraordinary and well authenticated case is just come to hand,
Nov. 1, 1781.*

A young Lady of Norwich, who had been long afflicted with a scorbutic complaint, and had the advice and assistance of two eminent Physicians, who did all in their power to relieve her, was perfectly cured by taking a few bottles of SPILSBURY'S ANTISCORBUTIC DROPS.

N. B. The particulars of the above extraordinary case, and cure, may be seen by applying to Messrs. Chasé and Holl, in the Cockey-lane, Norwich.



F I N I S.